



38N

Reset Your Coordinates

BODY:FIT PLUS RETREAT IBIZA

If you're looking for a fitness and wellbeing retreat that really takes YOU into consideration – your loves, hates, lifestyle restrictions and abilities, Body:Fit Plus is a match made in heaven.

Body:Fit Plus is our new, enhanced retreat offering. It came about after many clients asked for detailed, bespoke advice, training and nutrition plans – that treated them as individuals, not a one size fits all. So life changing is the experience, they also wanted this approach to continue when they returned home. So we listened! And developed the week long Body:Fit Plus programme, based in the luxury 5* ME Ibiza resort.

The personal one to one approach is what sets it apart. Capped at a group of 10, with two highly qualified host trainers, you'll receive a pre coaching and goal setting call before you arrive to get you fired up and focused. When you arrive, you'll be given your own fitness tracker to keep, as well as other goodies to set you on the path to success.

We'll welcome you with a delicious juice, followed by detailed body stats and a fitness test to benchmark your progress. Throughout the week, we'll give you personal training sessions (away from the group workouts) and design a tailored take away programme, based on your goals and what you've enjoyed throughout the week. You then have access to a month long virtual platform where you can access your personalised plans, as well as a coaching call with a 38N trainer to keep you on track.

To summarise – your week includes all the proven, results-driven activities we've tweaked and refined over the years, plus tailor made programs that promise a personal touch. Think fat busting, metabolic spiking, muscle toning workouts, coupled with down time to recharge and rebalance the body and mind. This is a truly unique, holistic approach to your health and wellbeing.

As for the food – tasty, nutritious and healthy options await you for breakfast and lunch in ME's first class restaurants. And the evenings are left free, so you can sample nearby eateries or simply chill by the pool for a while and call in room service!

By the end of the retreat you'll feel renewed in every way. Lighter, leaner, healthier and happier – and confident in the knowledge that you have the tools you need to continue your success.

Example Itineraries



08:30 Fitness test
10:00 Full body HIIT circuits
11:00 Hike/ SUP
13:00 Lunch
14:00 Nutritional talk
15:00 Kettlebells
16:00 Pilates
17:00 Mindfulness

08:30 Run
10:00 Full body HIIT circuits
11:00 Kickboxing
13:00 Lunch
14:00 Suspension training
15:00 Back circuit
16:00 Cardio Box
17:00 Yoga



What's Included:

- 6 nights accommodation and 5 days of sessions
- Pre call to discuss goals and expectations
- Daily breakfast and lunches and use of on site facilities
- Fitness tracker on arrival and other essential goodies
- Welcome meeting with fresh juice and a chance to meet the group
- Body composition , fitness tests and goal setting to track results and progress
- Varied daily training, such as HIIT, circuits, boxing, kettle bells alongside morning hikes, SUP and yoga
- 2 x personal training sessions
- Inspiring and educational workshops on nutrition and motivation
- Nutrition and training take-aways to keep you on track once you've returned home
- Month long access to our virtual platform where you'll be able to download personalised training and nutrition plans
- A post retreat call with a coach to keep you on track
- Fitness consultation including body stat analysis and fitness test at the beginning and end of the retreat

The team is looking forward to welcoming you. Please feel free to contact us with any further questions.

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Recommended by: Tatler, Vogue, The Telegraph, The Times, The Sunday Times, The Independent, The Daily Mail, Grazia, Marie Claire, The Mayfair Times, National Geographic, Mens Fitness, Womens Health and more