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Reset Your Coordinates DNA:FITNESS RETREAT IBIZA

A rare opportunity to experience a personalised training and nutrition programme based on your DNA – created by leading health and fitness experts. Are you ready to take your training, health and wellbeing to the next level? Keen to know why you find some exercise harder than others? Do you notice some foods affect your performance and recurring injuries become frustrating?

Our DNA:Fitness Long Weekend Retreat is a rare opportunity for you to understand your body. Why it responds well in some areas and not in others. What your predisposed strengths are based on your DNA. And where you should focus your energy to get maximum results. It provides clarity, a-ha moments and insights that will ultimately set you on the path to uncovering your fullest potential. All because some very clever person has proven that when you train and eat in line with your genetics, you'll gain three times the results than if you were to work against them.

Its cleverness therefore, makes DNA:Fitness our most bespoke, immersive and cutting edge client experience. Held at the 5* ME Ibiza hotel, groups are capped at 6, with various experts and trainers on hand to make your stay as informative and results driven as possible. Before you arrive, a pack will be sent to you, which contains a saliva swap to capture your DNA. From this, a report can be generated. This will be reviewed with you on the first day of the retreat – via a one to one training consultation and separate nutrition consultation. Plus we'll look at injury risk and recovery and training frequency, based on your results.

Arriving on Thursday, the afternoon will be spent meeting the team with a healthy juice, doing your body composition and running a fitness test (which will be performed again when you leave to track progress.) DNA consultations will take place Thursday afternoon and Friday morning. You'll also get a goody bag of treats to set you up for success, including your own fitness tracker.

The itinerary is fun and jam packed with a perfect balance of high and low intensity group activities, such as HIIT, bootcamps, boxing and suspension training, coupled with yoga, Pilates and motivational goal setting workshops. You'll also get one to one PT sessions that take into consideration your DNA profile. Combine this with delicious, nutritious food and a chance to relax and rejuvenate in stunning surroundings and you'll not only be leaner and lighter, but feel healthier and happier.

By the end of the retreat you should feel rejuvenated, reenergised and ready to face the world again with a new personalised fitness plan and one month's access to our virtual training platform.

Example Itineraries



09:00 Early morning HIIT
10:00 One-on-one DNA Results Consultation
12:30 Lunch
14:00 Fitness Test
16:00 Goal Setting Workshop
17:00 Yoga



09:00 Run
10:00 Metabolic Circuits
11:00 One-on-one Personal Training
13:00 Lunch
15:00 Cardio Box
16:00 Nutrition Workshop
17:00 Yoga



What's Included:

- 3 nights, 4 days, bed, breakfast and lunch
- DNA kit, training and nutrition consultations and full report
- 2 x PT sessions, plus group workouts
- Personalised training and nutrition programme to take away, with one month access to virtual platform
- Pre call with trainer to discuss goals and expectations
- Post call with trainer to keep you on track
- Small group size with two host trainers to guarantee a first class experience (max 6 clients)
- Fitness tracker on arrival with other 'goodies' to set you up for success
- Motivational and goal setting sessions to ensure sustainability
- Fitness consultation including body stat analysis and fitness test at the beginning of the retreat



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