

PURE POWER BOOT CAMP WANTS YOU!

1, 2, 3, 4.... Chiseled to perfection in six weeks or you'll do more, missy!

by Lauren Brenner

Your big day is only eight weeks away but the mirror keeps saying that something isn't right. Is it your clothes...your hair...the way you hold yourself? Three tests to give yourself to see if you are going to do your glamorous gown justice. Stand in front of a mirror and wave goodbye. If your arm jiggle is waving more than your hand is, the arms **NEED SCULPTING!**

The secret to a successful marriage is to show that being a contemporary woman, you still have some old-fashioned qualities in you. The question is not if you will do your husband's laundry, the test is can you do his laundry on your washboard abs? If the answer is No, well we need to start doing some **SERIOUS CRUNCHES**, missy!



Third and final test: Close your eyes and walk ten steps, imagining you are approaching the altar. All eyes are on your derriere as you move slowly and deliberately. Do you feel like you are floating down the aisle like an angel or rumbling like a running back? If your answer is the latter one, we need to

commence an immediate **BOOTIE BLAST!** If any of these questions made you feel a little tense, it is time to shock your body and enlist in the only program which guarantees results or you are one bride who will get trained for free!

Pure Power Boot Camp is the only indoor obstacle confidence course in the nation. It is a military-style facility where people of all shapes and sizes transform their bodies. The most popular program is the Tour of Duty. It is a six-week course, four times a week for one hour. Platoons consist of sixteen recruits with three drill sergeants setting the pace based on the recruit's individual fitness level. If one recruit comes five minutes late, the entire platoon will find themselves running twelve extra flights of stairs. If you decide not to show for your platoon on a given day, one of two things will probably occur. The Commanding Officer will show up at your office, telling you to drop down and give her **TEN**, or your phone will ring incessantly in the middle of the night with a very unhappy Marine on the other end of the line grilling you on why you decided that eating bon-bons was more important than being in your platoon that day!

The obstacles in Pure Power Boot Camp represent obstacles in everyday life. There are no typical days in this facility. A recruit will be jumping over hurdles, climbing

confidence walls, crossing monkey bars, lifting canteens with water in them, and doing belly and bootie exercises until both are numb! You will sweat, bruise, grunt, and swear, questioning your sanity; at the same time excited for the next challenge to be thrown at you. At the end of the six weeks you will be one bride chiseled for perfection with the confidence and strength to take on the world and your new mother-in-law!!!



"Pure Power Boot Camp has allowed me to prioritize and put perspective around what is truly important in my life." Kristin Manna

Lauren Brenner
Creator/Founder
Pure Power Boot Camp
PurePowerBootCamp.com

PURE POWER BOOT CAMP

WHAT IS PPBIC? WHY AN OBSTACLE COURSE?
★ ★ PPBIC ★ ★ CORPORATE TEAM BUILDING PROGRAMS AND EVENTS
WEEKEND RESERVES
CUSTOMIZED REGIMENS
FITNESS PLANS • • NUTRITION MEALS • • NUTRITION PLANS
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