PULS BOOT CAMP

Activity sheet · Sporty



Do you like a challenge, or the feeling when the sweat is pouring and you get to test where your physical limits are?

Then Puls Boot Camp is for you. This is military-inspired training where your colleagues and the terrain are used as equipment. The format is easy to adapt so that everyone can take part, whatever their fitness. We guarantee a different and challenging workout at a high tempo.

The group is welded together as the challenges increase and the feeling of “We are going to make this” sets in… We run it at three levels: Light, Mid or Hard.

Good to know

Sturdy shoes and workout clothes suited to the weather or venue. All year round.

Location
We come to you – all of Sweden

Duration
approx. 1 hour

Participants
2–100 participants

Price
Start fee SEK 5 500
+ SEK 450/person

Prices excl. 6% VAT.

Included

- Gold trophy for the winning team
- Activity leaders from Puls
- Mileage up to 200 km
- Rain ponchos

Book or get a quote

08-20 32 00
boka@puls.nu

Scan for photos, prices and booking