



98 BALI TRAINING CAMP

Wednesday 29 April – Monday 4 May, 2020



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At 98 we always want more from our performance. We know that the way we approach our time during training will translate to the way we approach every aspect of our lives.

Immerse yourself in the 98 culture over 6 days at Komune Resort and Beach Club on Bali's East Coast.

The resort accommodation, facilities and grounds are amazing, making it the perfect venue for the 98 Bali Training Camp.

Over the course of the 6 days you can expect some solid training sessions, which will include indoor/outdoor training, team workouts and 98 signature sessions. On offer will be other activities such as yoga and learn to surf.

We've also scheduled plenty of time to relax and recover by the infinity pool and beach club.

Our aim is to provide an environment in which you can train hard, enjoy your downtime and leave with a real sense of achievement.

**We value integrity, persistence
and hard work over aesthetics and ego.
We build resilience.**



TRAINING CAMP PACKAGE

SINGLE SHARE ROOM

(own room)

\$2,700

per person

TWIN SHARE ROOM

2 people in a room or price per person
for a couple sharing a room

\$2,300

per person

INCLUDES



5 nights accommodation in a resort room.



Daily breakfast and dinner
(except for 1 free dinner in Seminyak)



Return airport transfers from Bali Denpansar Airport



Daily training sessions run by 98 Gym Trainers



Optional additional resort sessions including yoga
and meditation



1 x relaxation massage



Sunrise guided tour up Mt Batur



Afternoon/evening trip to Seminyak



Welcome pack including training shirt/singlet, water
bottle and backpack



Bottled drinking water



Nutritional snacks and guidance



Free Wifi



Complimentary resort shuttle to local beaches



Optional Activities

Surf Sessions/Lessons, Spa
treatments , Horse Riding, Bike Tour.



Not Included

Flights and travel insurance, Lunch,
One dinner out from the resort

EXAMPLE TRAINING CAMP ITINERARY

1

WED

Arrive at Komune
Check into rooms
Briefing for the week ahead
Training session to get moving
after a day of travel
Welcome dinner

2

THU

6am Training
8am Breakfast
Free time
Afternoon training session
Yoga (optional)
Dinner

3

FRI

6am Mobility/Midline
8am Breakfast
Free time
Bus leaves for gym
FYF
Late lunch/dinner
Free time + a few beers in
Seminyak

4

SAT

8am Breakfast
10am Learn to surf (optional)
Yoga (optional)
Early afternoon workout
Free time
Dinner

5

SUN

3:30am Bus leaves for Mount
Batur trek
Breakfast provided on trek
Free time
Afternoon training
Dinner

6

MON

6am Training
8am Breakfast
Checkout
Free day by the pool
Make way to airport

THE TRAINERS

A black and white photograph of a gym interior. Several people are using Concept 2 rowing machines. The machines are arranged in a row, and the brand name 'Concept 2' is visible on the side of each machine. The gym has large windows in the background, and the ceiling features exposed ductwork and lighting fixtures. The overall atmosphere is one of active fitness.

CHRIS FEATHER



Hailing from Leeds, Northern England, Chris had a keen interest in many competitive sports from an early age, originally finding his calling in rugby league as a teenager.

Chris' competitive spirit, skills and grit saw him shoot up the ranks. A professional player at just age 17, Chris spent 11 years playing top level Super League in the UK and Elite League 1 Rugby in France.

His enduring passion for fitness led him to a career in Fitness upon retiring from rugby league. Relocating to the sunny shores of Sydney, after completing Certificate III and IV in Fitness, Chris was then charged with the responsibility to open and manage one of the cities most exclusive private gyms in 2011 – 98 Riley St. At '98' the focus is on turning ordinary into the extraordinary, providing targeted, personalized and accountable training programs and classes for fitness, health and well-being.

In recognition of his dedication and excellence to training and fitness, Chris was invited to Utah, USA to participate in a private training and fitness qualification program called Gym Jones. Gym Jones is an elite program that prides itself on a dedication to 'the art of suffering'.

In late 2011, Chris became one of only 20 current Certified Gym Jones Instructors worldwide, and utilizes this knowledge and spirited elite training philosophy when devising programs and challenges for his clients. This certification also brought new opportunities, including global demand for his services as the fitness trainer of record for key cast members during film production on many Hollywood blockbusters.

Chris's overall philosophy is based on hard work, mental strength and willingness to suffer. In his opinion, aesthetics are a bonus to achieving true fitness. Not vice versa! Importantly, he also practices what he preaches. There is no training or workout that Chris prescribes for a client without already completing it himself.

Chris trains a variety of clients, male and female, from beginners through to professional athletes. No matter what their age or ability, his clients simply require a passion to succeed, a positive mindset and a whole load of determination. He continually challenges them to improve their results and efforts, essentially competing with themselves in order to achieve their personal goals... and when that goal is reached – to set and reach new goals in the constant quest for fitness excellence.

MATT CHAPMAN



Matt grew up in country Queensland where hard work and commitment were drilled into him from a young age. Health and fitness became the focus of his life after he overcame obesity as a teenager. It inspired his studies and a career in the fitness industry. Fitness changed his life and now he wants to help others.

He's become one of Sydney's most popular personal trainers in the last decade using a simple philosophy based on discipline and dedication. You can't get fit without them.

Specialising in strength and conditioning, Matt trains both men and women, of all ages, from all walks of life. He customises and adapts programs to different fitness levels and works with clients to ensure they reach their personal goals. He focuses on positivity, progression, accountability, results, respect and relationships.

Personally, he loves the mental challenges that come with intense workouts.

Away from the gym, Matt loves to spend time in the kitchen experimenting with healthy food and cooking up a storm. And, of course, with a good glass of red. He's a mad Broncos fan (don't hold that against him) and also advocates balancing out a busy work and training schedule with some R&R. He enjoys spending time with friends and family, especially his son Rafa.

KATE HILLIARD



Kate's performance driven attitude fits the 98GYM ethos perfectly. It wasn't long after starting training at 98 that Kate broke her first World Record on the Concept2 SkiErg. Kate subsequently followed this by breaking a number of others for multiple distances which still stand.

Setting the benchmark in the gym and now internationally for females led to an opportunity to represent Australia at the Turf Games in London at the festival of functional fitness. Kate is the first and only 98 Sponsored Athlete and is a leading example for both women and men in the gym.

Kate has not only pursued fitness for herself, but has also studied the social determinants of health through her tertiary education, completing a Bachelor of Health Science followed by a Masters in Health Policy. Her desire to understand how health and disease can be understood and addressed as a social phenomenon has been one of the biggest drivers to her becoming a coach.

Kate's coaching experience spans over a decade, training both elite level swimmers to adults learning the basics, with the level of athlete not mattering nearly as much as the character caliber of the athlete.

BOOKING DETAILS

To book a spot on the training camp please send an email to events@98gym.com and we will send you a booking form.

Once you submit the booking form and pay the \$500 deposit your spot on the retreat is booked in.

Any questions at all please don't hesitate to call Simon on 0413 486 243.

BOOKING

Deposit:	\$500 - due on booking
First instalment	\$1000 - 4 months prior to departure date
Final Instalment	\$Full balance - 2 months prior to departure date (28 February)

PAYMENT OPTIONS

Electronic Bank Transfer

Acc Name: 98 GYM Pty Ltd

BSB: 012 006

Acc Number: 2020 27551

In description please put Your Name and Bali Training Camp

Credit Card Payment via 98 Gym

CANCELLATION POLICY

We understand that no one books a training camp with the intention of cancelling but understand that certain situations may arise between booking and the start of the retreat. The cancellation policy is:

- 90 days prior to start of the camp: refund of any monies paid minus the booking deposit of \$500
- Less than 90 days prior to start of the retreat: 100% cancellation charge will apply

SIMON ROBERTS

ORGANISER

Simon has had a long career in managing Australia's elite sporting teams including the Socceroos and Wallabies. Well versed in travelling the world Simon will ensure the every little detail in the retreat is catered for ensuring the best possible experience for those that attend.

FAQ

You probably have a lot of questions.

Great news – we've got all the answers. And if you're still feeling like we haven't covered everything, shoot through an email to events@98gym.com – we'll get it sorted.

Do I need to be super fit to join the 98 Training Camp?

Ideally one would have a solid base of GPP (general physical preparedness) but not necessary. Our training sessions are designed to follow the rigorous 98 program, but in turn that program is designed to compliment and improve all fitness levels. It shouldn't matter if you are a beginner or one of our long-term members; as long as you are ready to put in your personal best effort. In the end our sessions are designed to be challenging, holistic and can be adjusted depending on your personal needs.

Do I have to complete every session? If I'm not feeling up to it, can I have a rest?

You'll have coaches there every day whose job it is to challenge you to perform at your personal peak, however the workouts are not compulsory. We appreciate that rest periods are as important as active sessions, but we'll have a lot of rest time programmed. However if in doubt, don't be afraid to step back and encourage your body to recover.

Will we have any free time?

Yes, and lots of it. Relax by the pool, unwind in the sun with a book, catch some extra rest in your air-conditioned rooms and enjoy each other's company.

No matter how you spend your free time, there will be plenty of time to recharge before your next hit out.

How much money should I bring for spending money?

We recommend having \$300-500 cash for the week for a few additional meals, taxis and a beer or two (and maybe something small for those left at home, so they know you're thinking of them).

Can I hire a scooter or motorbike?

There is scooter hire available at the resort for our guests to use should they wish. If you intend on hiring scooters throughout the week, please ensure your travel insurance policy covers this kind of activity.

Can I book extra nights at the hotel if I want to come early or stay on longer?

Yes you can! Send us an email as early as you decide, if that's something you'd be interested in and we can book this in for you.

Does the accommodation have air-conditioning?

Yes, all rooms have air-conditioning, we want your rest periods as comfortable as possible.

Can I upgrade my room?

Resort style rooms are provided in the package. If you would like to upgrade to a beachfront pool suite please contact us and we can provide you the details.

What are the check-in and check-out times?

Check in commences from 2pm and check out by 10am. Although don't stress if you are arriving earlier/leaving later, there are plenty of communal areas available for guests to use.

Where can I find out further information on the resort?

The best place to find further information on the resort is at:

www.komuneresorts.com/keramas-bali.html

Is the accommodation within close proximity to restaurants and shopping?

Nestled into an idyllic location at Keramas on Bali's East Coast, part of the price for its beauty is its isolation.

However there are methods of transport to get into towns close by like Sanur, and remembering that we do have excursions planned to some fantastic restaurants, hikes and shopping.

Do I need a visa to get into Bali?

If you stay for less than 30 days and are from one of the 140 countries that Indonesia allow for Visa Exemption, then you do NOT NEED any Visa. At the immigration counter you will get a Visa Exemption Stamp. There are no costs involved. However this Visa cannot be extended. If you are planning to stay longer than 30 days, or if you need to check if you are from one of the 140 countries that are applicable for a Visa Exemption, you can find out more information here:

<https://www.bali.com/visa-indonesia-entry-requirements-bali.html>

**** PLEASE NOTE your passport MUST be at least 6 months valid on the day of your arrival in Bali. This is not negotiable.**

FAQ

What is the average temperature over there?

Bali is located about 8 degrees south of the equator. So expect a tropical, warm and humid climate all year round, with an average temperature of around 28°C (82°F).

Do I need to get vaccinated before coming to Bali?

There aren't any specific vaccinations needed for Bali, however it's important to check that your childhood vaccinations + Hepatitis A are still up to date.

Are flights included in the package?

No, as we have guests flying in from all different places you will need to book your own flights. This will allow you to book the airfare that best suits you.

Do I need travel insurance??

Yes. This is imperative. You can't attend the 98 Training Camp without travel insurance. We will need your travel insurance policy number in advance.

Do I have to organise my own transport from the airport to the retreat??

Transport between the airport and resort are all organised by us, so you can enjoy a comfortable, stress-free journey. Please let us know if you plan on staying in Bali prior/post retreat as we will need to work with you to sort other transfers.

Are meals included on the camp?

Yes. Wholesome breakfasts and dinners are included within the package. Lunches are not included which will allow you the flexibility to decide if you would like to eat at the resort or at outside cafés/restaurants.

All meals are fresh and are prepared daily, with a focus on whole foods and as little processed food as possible, as well as providing the fuel and proteins to promote athletic performance across the week. A healthy outside starts from the inside.

Do you cater for specific dietary requirements?

Of course, we cater for all dietary requirements, just ensure you let us know in advance.

Is there clean drinking water?

Yes. We will have plenty of filtered water onsite so make sure you drink up! Hydration should be a priority this week, as you'll be working hard in the heat. Please remember to avoid drinking the tap water.

If we've missed something, contact us at events@98gym.com.

