

MEDIA RELEASE

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‘The Commando’ Steve Willis heads to the Gold Coast Hinterland to host National Training Camps.

Here is a once in a lifetime opportunity to train with The Commando in the Gold Coast Hinterland, **May – November 2014.**

‘The Commando’ Steve Willis has chosen to visit the Gold Coast Hinterland to run his 3 day, 3 night ‘CommandoFit’ training camps at Binna Burra Lodge. Set high in the hills of Lamington National Park, this natural setting is only 90 minutes from Brisbane, 40 minutes from the Gold Coast, and participants have been flying in to take part in the gruelling challenge for the past five years.

The packed agenda includes physical training every day with dedicated trainer Commando Steve, who spends quality time with the group and every individual. Each camp is designed to improve the participants’ level of fitness and to overcome their perceived limitations. They learn about new training techniques, team work, and nutrition.

Almost anyone can join in, from beginner to intermediary level. It’s for anyone wanting to start or continue a journey into a fitter, healthier lifestyle.

Dates for the training camps are: May 25 – 28, August 10 – 13, September 7 – 10, November 2 – 5. Spaces fill up fast so don’t leave it too long if you’re serious about booking.

Steve Willis, aka The Commando, is faced with people wanting to change their life every day. He is not only a highly qualified and extremely motivated Personal Trainer with Crossfit gyms, he served within the Australian Special Forces, where he was a Counter Terrorism Team Commander. After a decade of operational experience in the Australian Army, Steve opened his own Personal and Corporate Training Company. He knows what it takes to help others achieve their weight loss goals.

Steve has an amazing ability to motivate and strengthen his clients, and has inspired thousands to make a change that has made a positive difference to their lives.

If you are ready to change your life and take that next step to achieve your personal health and fitness goals, then this is the perfect opportunity for you. “There are no excuses”

For more information, package prices or to make a booking call Rachel at Binna Burra Lodge on 1300 246 622 or email marketing@binnaburrallodge.com.au.

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