

DEPARTURES

YOUR PASSPORT TO WELLNESS / EDITED BY TED LANE

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POWER TRIP

System Reboot

There's a change sweeping Ibiza. Swap hedonistic boat parties for bootcamps and you'll drop fat for fun. Here's your early-bird ticket to the hottest club in town

F

rom Freddie Mercury's 41st birthday bash at Pikes Hotel to the EDM throbbing through the San Antonio strip today, Ibiza has developed a reputation as Britain's house party away from home over the past 40 years. But there's a sea change in full flow. These days, the Spanish island is also a destination for those in search of better health, not just hedonism.

At the crest of "Beefa's" new wave of fitness fixes is No 1 Bootcamp – but don't be fooled by the "bootcamp" tag. There's far more to this than a PT with a few dumbbells down your local park. Head to the north of the island and, tucked away in the depths of Ibiza's unspoilt pine forests, lies a villa that is more boutique Bali farmhouse than *Love Island* party pad. The luxe outpost is just a short drive from the sandy coves of the Balearic Sea and perfectly placed for long hikes along the cliff sides.

The beautiful setting is all well and good, but getting your body and mind in pristine condition is why you're really here. Back on home soil, you pay through the nose to spend an hour with a PT. Here, you get to live with them for a week. If you're the kind

“There's more to this bootcamp than a PT with some dumbbells at your local park”

of person who places training at the centre of your daily routine, here's your chance to have top-class coaching on tap, pick trainers' brains and head home with a wealth of knowledge that would otherwise take months to accumulate. For the less driven, it provides something simpler: the continuous kick up the backside required to make quick progress.

If rapid transformation is the name of the game, however, you'll have to work for it. Rather than while away mornings next to the infinity pool, you'll flow through mobility drills, HIIT circuits and the most

NOT GOING PETE TONG: ENJOY THE CALMING CLIFF-SIDE VIEWS



scenic fat-burning hikes of your life – with a breather for your chef-prepared, nutritionist-approved breakfast, of course. Instead of hitting the bar before

the morning is done, you'll find yourself under one, tackling squat and hip-thruster supersets while your trainer offers perfect-form tips.

Alongside your daily shake, you'll be served up protein-packed platefuls for

breakfast, lunch and dinner, all made with locally sourced ingredients. Think pan-seared steak with fresh asparagus, halloumi with butternut squash polenta and king prawn curry with black rice. It's fitness fuel, but not as you know it.

Military Precision

If you surrender to former Royal Marine Gee Leary and his formidable PT team, most of whom are also ex-soldiers, one thing is certain: results. And thanks to the detailed body composition analysis you'll undergo on arrival and at departure, you'll be able to quantify them, too.

Armed with stats on muscle mass, body fat and metabolic rate, the team relays your daily macronutrient requirements to the kitchen to keep you on target. The ultimate goal is to defeat fat and defend muscle, which takes tactical planning. The team will also kit you out with a Myzone belt, which you can trial for three days, then buy for half price if you find it useful. Measuring your heart rate, calories burned and effort in real time, the app-based

Chemical Advantage

Harness your hormones to turn any holiday into a power trip



HIIT = ADRENALIN



MOUNTAIN HIKES = SEROTONIN



BOXING = TESTOSTERONE



VITAMIN SEA = OXYTOCIN

WORDS: ANNIE HAYES | PHOTOGRAPHY: MAX LAWLESS, GETTY | *TERMS AND CONDITIONS APPLY (NOTBOOTCAMP.COM)



LEARN TO STRETCH YOUR POTENTIAL AND REACH FOR ALL-NEW FITNESS LEVELS



Where to fly

There are hundreds of direct flights from the UK to Ibiza every week, so use [skyscanner.net](https://www.skyscanner.net) to find the cheapest. It's a 30-minute drive from the airport to the villa.



Where to stay

A week at No 1 Bootcamp ([no1bootcamp.com](https://www.no1bootcamp.com)) starts from £1,470 per person, based on two people sharing. For a 20% discount*, enter the code [Menshealth2020](https://www.menshealth.com).



When to go

Either side of high season – March to May, or September to October. This way, you'll get the sun without the intense heat. There'll be fewer stags on your flight, too.

monitoring system serves as a serious motivation booster (which your tired muscles will need by day four), helping you squeeze more out of every session.

A week at the camp is intense, but the pay-off is well worth it. You'll feel DOMS in places you didn't know existed – the sign of true growth – and learn how to beat your least healthy habits. By the time Friday rolls around, you'll want to do it all over again. At the end of the week, individual and group seminars prime you to continue your fitness journey back on home turf. Plus, No 1 offers a healthy meal delivery service in the UK, which you might appreciate once you don't have a chef cooking you nutritious dishes every day.

If you continue what you learn in Ibiza, not only will you look and feel your best, you'll be perfectly placed to come back in two months – but this time, you'll be two-stepping to trance with your top off. Though we doubt you'll return from that sojourn quite so refreshed. ☺

HOLIDAY REPS

Warm Up in Sri Lanka's Fittest City

Want to give your trip to **Colombo** a salutary edge, but no clue as to how? Our itinerary will close that case

01___ The Welcome Mat

Eleven hours on a plane will leave you feeling stiff, so unfurl your body at Prana Lounge. This studio provides the city's best flows in vinyasa, hatha, ashtanga and meditative yoga. Beginners are very welcome.

60 Horton Place, Colombo 07

02___ The Luxe Lodgings

A major refurb has given the Shangri-La an upgrade in class without losing any of its unique charm. Settle in and watch the sunset over the Indian Ocean with their burnt orange Whiskey Sour. This one's on us.

1 Galle Face, 02

03___ The Premier Lift

You won't have to go far to find the island's top training space. Trainyard Studios next door has three rooms for strength, spinning and TRX, each filled with elite Hammer Strength and Concept 2 kit.

1 Galle Face, 02

04___ The Proper Pep

Get your pre-workout caffeine fix at Café Kumbuk, where Sri Lanka meets Shoreditch: the one chance you'll get to sample a curry leaf Karapincha shot and a Chemex in one sitting.

3/1 Thambiah Avenue, 07



YOUR REP

Trainyard Studios manager Afdhal Ameer is no stranger to hard graft. Let Sri Lanka's top mind on health and fitness help you get stronger in paradise

05___ The Cardio Tour

The Racecourse grounds are the hub of the capital's running community. The path weaves through the Royal College rugby grounds and Racecourse Grandstand to help you soak up culture and Strava kudos.

Race Course Avenue, 07

06___ The Worthy Refuel

Direct your cool-down jog north for 10 minutes to Life Food. Take in the lake views as you wolf down the rasa rasa: an omelette drizzled with tomato sauce and spicy coconut sambol. A true local favourite.

31 Perehara Mawatha, 02

07___ The Final Blow-Out

Got a few spare rupees to splash on your final night? Head to Gallery Café and try the black pork curry or the Modha fish in the restaurant's secluded garden terrace. You won't be disappointed.

2 Alfred House Road, 03

