

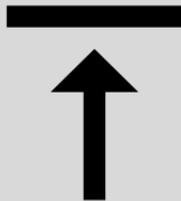


OP X-TREME

APRIL 6TH - 14TH 2019

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UNIT-27 OP X-TREME

So, you're thinking about coming over to Phuket to stay in paradise & enjoy the sun, while training in a world class facility?

Introducing The Unit-27 **Trooper on Tour "OP X-TREME"** a fitness camp like no other, *in the world*. Designed and based upon the army and commando recruitment process, we guarantee it will transform you while concurrently challenging your strength, commitment, endurance, discipline, resilience and ability to be part of a constructive team.

This tour will see you being put through your paces by both Dayle & Jason complete various sessions, such as:

HIIT
Sprints
Pool Sessions
Teamwork Based
Boating & Watercraft
Final X-Treme Endurance Session

This tour will transform you into the best version of yourself alongside the individuals that you will build bonds with which you never thought possible. You will suffer together, cry together, smile together, and succeed together.

This fitness retreat does not have any limit on age, ability or nationality.

UNIT-27 OP X-TREME

- Unit-27 Private Group Classes
- Unit-27 Fitness Classes
- Full Time Host (Jason)
- Structured and Scheduled Week of Drills & PT
- Boating & Watercraft Drills
- Extreme Endurance Finale
- Songkran Water Festival
- Provided Kit List
- Healthy Meals
- Accommodation
- Body Composition Analysis
- Airport Chauffeur
- Tour Photographer & Videographer

TROOPER ON TOUR HOST

Jason Reardon Unit-27 Sponsored Athlete



Jason is an ex special forces commando who served in the Australian Army for a number of years. His grit and determination has served as the platform for his excellence in a number of sporting events, the main priority now being Ultra Endurance events.

In the past 12 months Jason has completed 6 Ultra Marathons, totalling more than 650km's. Recently placing 1st in La Ultra, a 222km Ultra Marathon in the Himalayas and he runs to raise awareness for depression and mental health due to his own experiences.

Jason will be your host throughout the entire duration of your stay, guiding you, training with you and at times having a much sterner approach, there is no one better.

[CLICK HERE FOR JASON'S VIDEO](#)

UNIT-27 FITNESS CLASSES

So you want to make a change right?

You're here to kickstart your health and fitness or perhaps you just want to continue your training abroad in a gorgeous place, with a much better climate!

Here at Unit-27: Total Conditioning, we have the facilities, staff and community to give you the best fitness experience you have ever had, period.

With 5* reviews accompanied by the certificate of excellence, and international recognition for producing results, pushing people to their limits and helping people discover their real potential, you don't need to look else where.

During this tour you will be given exclusive access to:

- 1 x Private Class/Day with **Unit-27 Founder** - Dayle Hallam.
- 1 x Unit-27 Group Class/Day.
- Full access to our specific weight lifting gym **Unit-27: Primal Fitness**.
- Full access to Unit-27 Ice Bath and Sauna Facilities.
- Full access to Unit-27 Mobility Classes.
- Amongst many other sessions planned, that we can't quite let you know of yet!

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OP X-TREME INCLUSIONS

Parade - Report to the parade square every morning in uniform ready to move. Jason (Host) will be there checking the quality of your uniform and gear ensuring you're set. We accept only perfection.

Private Class - Following the morning parade you will be handed to Dayle, Unit-27 Founder and Owner who is renowned for his intensity and coaching. Dayle and Jason have developed a structured training schedule to test both your mind and body to its maximum. Good luck.

Fitness Test - You will be put through your paces at the start of this tour to discover your current fitness levels. This isn't anything to be afraid of, its a process that is important to the fluidity of this tour.



OP X-TREME INCLUSIONS

WATERCRAFT & BOATING DRILLS - Being split into small separate groups to provide a unique learning experience you will be taken out on the zodiac to learn and perform boating drills such as: Man Overboard, Surf Landing and High Speed Insertion Drills. A fun and challenging experience that will leave you with skills for life, but also a huge smile on your face.

OP X-TREME FINALE - The group will be split into separate groups. Following a quick brief of the mission objective you will get underway trying to get from point A to point B with a number of obstacles and challenges along the way. This part of the tour will test you individually and you are more likely to discover more about yourself than in any other situation. This extended endurance session will form bonds with your team that are essential to completion.

Structured & Scheduled Week - Dayle and Jason will provide you with your schedule for the week during your initiation. This will include your down time, fitness times, eating times and also times where you will be required to be in certain places.

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OP X-TREME KIT LIST

Being a Military based Trooper on Tour, uniform is absolutely everything, and this is why we will be providing you with the majority of your required kit. However elements such as Boots etc. We will not be providing. We have recommendations so please ask in advance for our recommendations.

PROVIDED

BACK PACK x 1
HEAD LAMP x 1
HYDRATION BOTTLE x 1
HYDRATION PACK x 1
CLEANING RAG x 1
CARGO PANTS x 2
BELT x 1
TROOPER TOP x 3
HAT x 1
NOTEPAD & PEN x 1
5m ROPE x 1
MEDKIT x 1
DRY BAG x 1

NOT PROVIDED

BOOTS
WATCH
BEACH TOWEL
WIND JACKET
SWIM WEAR
SOCKS
NIGHTWEAR
TRAINING SHOES
FORMAL WEAR
CASUAL WEAR
PT WEAR

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TROOPER EATS

What's that saying again?

"Abs are made in the kitchen."

Well, lucky for you, Unit-27 has its own designated health food restaurant, and it's right on your doorstep.

From smoked salmon and smashed avocado, to fluffy protein pancakes with mixed berries and a Mediterranean themed quinoa bowl, **Trooper Eats** has it all!

However, we don't want to limit you entirely to the confines of Trooper Eats, therefore we will be providing you with 2 meals per day, and 1 recovery shake per day, and after that you're free as an individual or as part of a group to explore other restaurants on the wonderful island.

If you have any special dietary requirements, please let us know before hand so we can cater to your needs.

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ACCOMMODATION

We have a number of accommodation options for your stay here in Phuket. To make things even easier, they are just minutes away from our three fitness facilities and restaurant.

We also offer two bedroom and twin share accommodation for those who are after a more cost effective package. Just enquire for these prices.

Studio Package



1 Bedroom Package



Hostel Package



Standard Package



ACCOMMODATION

All accommodation options are within close proximity of one another and allow communal access to the luxurious pool, where you can rest and recover for your next session!

To make things even better, we have our own restaurant '**Trooper Eats**' just outside the pool complex, so feel free to order some delicious food while you relax in paradise.

You will find that in between classes most Troopers prefer to sit by the pool and mingle. This will provide you with the platform to reject and be ready for your next class.



Please be aware that all accommodation is subject to availability. If we have no availability we will contact you and offer another option, which will be in line with budget, and just as convenient.

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ADDED EXTRAS

Airport Chauffeur

Unit-27 will be taking care of your travel from the time you arrive in Phuket up until you leave, so if you were worrying about how you are going to and from the airport to your hotel - we've got you covered.

All you need to do is let us know your flight details when you book your flights, and we will have someone waiting for you!

Personal Videographer & Photographer

If you were worried about missing out on all the photo opportunities - from the pain during class to the complete elation while cruising the Andaman seas, don't stress! The tour includes a personal photographer who will be able to capture every moment.

In addition this you will go home with a professional highlights video of your entire journey here at Unit-27 for you to treasure forever.

Does it get any better?

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ARE YOU OUR NEXT TROOPER?

Spaces for this tour will sell out, so get in early to avoid disappointment.

Boutique	Studio	THB 52,000
	One Bedroom	THB 54,000
	Two Bedroom	THB 60,000
Hostel	Single	THB 45,000
	Standard	THB 46,000

To book your spot immediately you can pay a 30% deposit via PayPal to owner@unit-27.com.

OR

For more information please contact us at tot@unit-27.com.



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