



Costa
Crossfit **Camps**



www.crossfitalbir.com



Who Are We?

Our Team

Robert John Elliott

- Level 2 CrossFit trainer.
- Personal Trainer with 20 years experience.
- Owner and head coach at CrossFit Albir
- Winner of the Spanish Throwdown 2019.

Alex Puchades Aleman

- Level 1 CrossFit Trainer.
- CrossFit Gymnastics Trainer.
- CrossFit weight lifting Trainer.
- CrossFit Competitors Trainer.

Fathia Halima Zinbi

- Personal Trainer.
- Owner and Coach At CrossFit Albir.

Nilda Baez Bordon

- Beauty Expert.
- Massage therapist.



What We Do?

If you live and breathe
CrossFit you've come to the
right place.



Get ready to experience our amazing CrossFit Adventure holiday on the Spanish Coast.

We have put all our brainpower into designing a Crossfit-Based adventure holiday package that will simply astound you. Immerse yourself in an authentic taste of the Spanish history, gastronomy and people while experiencing the very best this incredible place has to offer

Take your time to explore medieval villages. Hike through epic mountains. Enjoy eating traditional Mediterranean food.

There will definitely be time to relax and experience all what the Coast has to offer.



What's Included?

01 Accommodation

Facilities & Equipment 02

03 Excursions

& Much More 04



Accommodation

Our **Resort in El Albir** has apartments and exclusive superior lodges, accommodating 2 or 4 people, Superior lodges have a large room, a bathroom and all the necessary elements for a extraordinary and memorable stay.



Transfer to/from Alicante Airport
Accommodation in Full Board including water in the meals
Daily Laundry service (1 kit per person)
Special Wi-Fi with signal in the rooms

Includes the use of: outdoor pools, indoor pool, sauna, jacuzzi, beach-volley field, and ice baths (always under request and availability)

Images & Contents



Welcome to the paradise in Spain



Facilities & Equipment's

3 Indoor CrossFit Boxes

Our facility is the largest and most equipped CrossFit gym on the costa Blanca.

Famous for our programming, and scaling for every level of athlete. In our state of the art complex we also have a Ninja Warrior Course, chill out zone, café/bar, shop, mobility area, changing rooms and a treatment room.

Outdoor CrossFit Training Space

We have a large selection of Crossfit and gym equipment including barbells, dumbbells, plates, kettlebells, slam balls, medicine balls, box jumps, evil wheels, GHD's weights benches, squat racks, callisthenics bars, rope climbs, rings, steps, bags...and more! With the massive selection of equipment that CrossFit Albir has to offer and the many different indoor and outdoor areas to train in, the workout options here are endless.

Stretching Room

Cooling down after a strenuous Wod is essential for a healthy, strong and injury free body. At CrossFit albir we have a room exclusively dedicated for cool-down.



OCR Obstacle Training Course

We will put your "Ninja Skills" to the test with the CrossFit Albir ObstacleCourse.

Our Ninja Course is a series of challenging physical obstacles for you to navigate in the fastest possible time. It includes running, climbing, jumping, crawling, carrying odd objects balancing elements and many more surprises.

Beach Wods

A training camp in Spain would not be complete without a beach Wod

We Are located 1km from the beautiful L´Albir beach, so just a short walk away, and we will make full use of this with beach workouts as well as beach games.

Mountains Training Tracks

we have hundreds of beautiful mountain trails literally on our doorstep.

whether you are looking to get some mountain trail running in or you are looking for an active recovery hike with fabulous views, Here is the right Place.

Simply Designed for athletes like you!



We have a huge array of Lifting equipment in our boxes and functional training rooms our large selection of Crossfit equipment including barbells, dumbbells, plates, kettlebells, slam balls, medicine balls, box jumps, evil wheels, GHD's weights benches, squat racks, callisthenics bars, rope climbs, rings, steps, bags...and more! With the massive selection of equipment that CrossFit Albir has to offer and the many different indoor and outdoor areas to train in, the workout options here are endless.



Excursions

• MOUNTAIN BIKE TOUR

A tough 20 km off-road ride through the rough Costa Blanca countryside. This is a trip for bike lovers and all-round sporty people. A good level of fitness is required! Bring: extra T-shirt, towel and water.

- 20KM excursion for the more adventurous people.
- Every Friday from 4:30pm until approx. 7:30pm
- Don't forget: water and change of clothes.

• WATERFULL BUGGY TOUR

Need some refreshment? With our waterfall tour we will take the off-road dry river to Callosa and go further to the Font's D'Algar waterfalls using Boggies, There you will have plenty of time to enjoy the beautiful scenery of the park and swim under the waterfall. There is time for a drink before we drive back to Altea.

• SIERRA HELADA HIKING TRIP

The magnificent Sierra Helada mountain range provides a beautiful backdrop for the wonderful seaside resort of Albir and separates the town from its larger neighbour, Benidorm.

The crossing of the Serra Gelada is perfect for hiking, with a distance of 8 km and a duration of about 2 or 3 hours.

• KAYAKS EXCURSIONS IN BENIDORM

Enjoy the spectacular views of **Benidorm** while developing strength, endurance, flexibility and balance all at once. A great work out!. The excursion is suitable for everyone and no experience is needed, all you need to know is how to swim! You are accompanied by an experienced instructor at all times and there are some beautiful areas where you can swim or snorkel. An unforgettable experience.

These excursions depend on favorable weather conditions.

Images & Contents



**Here are just a few of
the amazing sights
you will experience
during our Camp**



Our Prices

A muscular man is shown in a plank position, supporting his body on one hand and a dumbbell. He is shirtless, showing his well-defined muscles. The background is dark and industrial, with some graffiti visible. The overall tone is athletic and professional.

What is included on this camp for €745

Transport to/from alicante airport and all activities.

You will be staying 5 nights 6 days in a Resort (shared rooms) that offers everything you need to relax in between sessions, walking distance to all amenities and the beach.

Accommodation in Full Board including water in the meals.

Daily Laundry service (1 kit per person)

Special Wi-Fi with signal in the rooms.

Outdoor pools, indoor pool, gym, sauna, jacuzzi, beach-volley field, and ice baths. (always under request and availability)

Goodie bag and a welcome kit.

Olympic weightlifting clases.

Mobility sessions.

Gymnastic sessions.

Obstacle course sessions.

The most varied and fun Team WODs on the beach and at our Outdoor Box.

Endurance sessions.

Open Gym during all hours between the sessions

Access to our fully equipped box

2-3 training sessions a day

Fully equipped beach sessions.

4 Excursions

- MOUNTAIN BIKE TOUR
- WATERFULL BUGGY TOUR
- SIERRA HELADA HIKING TRIP
- KAYAKS TOUR.



Conditions & Terms

The deposit of **200€** has to be paid at booking to reserve your place. This deposit is non-refundable! The balance must be paid **12 weeks** before the camp. Cancellations less than 12 weeks before the camp will result in no refund at all.

Insurance

CrossFit Albir only guarantees insurance at the CrossFit Albir Gym. Throughout the camp itself, that is: any other activity, transfers, flights and accommodation, athletes are responsible for their own insurance in respect to injuries, loss or damage to equipment. We strongly advise acquiring one, suitable for one's needs.

Athletes engaging in the activities or making use of facilities provided by CrossFit Mallorca are responsible for ensuring that he or she is properly equipped and that his or her state of health and physical condition are such as not to involve any risk or him or herself or any other person making use of the facilities.

CrossFit Albir cannot be responsible for any loss you incur as part of your Camp experience. CrossFit Albir is also not liable for any injuries or health issues that incur whilst participating in the athletes camp.

General

You must ensure that the details provided by you while registering for your athletes camp with CrossFit Albir or at any other time while on holidays, are correct and complete.

Price based on 2 people sharing a double room.

Surcharge for single room in 2 bedroom apartment – 100€).
(Does not include Easter Period)



Thank you

And See You Soon

Costa CrossFit Camps
0034684100600