



POWERED BY
**MATRIX
FITNESS**

IN SUPPORT OF



MAKE A DIFFERENCE

**FITNESS HAS THE POWER TO CHANGE LIVES.
LET US BE PART OF THE MOVEMENT.**

The FIBO Africa CEO Bootcamp powered by Matrix Fitness aims to raise R91 900 for Hot Cares and Fight With Insight by challenging various CEOs and their staff to take part in various fitness challenges.

HOW IT WORKS

24 teams will take part in the bootcamp to find the fittest CEO and company. Your team will take part in three events: The Dis-Chem Trolley Dash, MX4 Challenge and the MOVE Studio Challenge. Teams will be awarded points per event and the team with the most points will win the CEO Challenge.

THE GRAND PRIZE


R91 900 worth of on-air advertising on HOT FM and Matrix Fitness will set up a corporate gym for three months at your office.

THE DETAILS

DATE 25 October
TIME 12h00 to 16h00
VENUE Ticketpro Dome
COST R4 000 ex VAT per team of 4
BOOK martin.hiller@reedexpoafrika.co.za

THE CHALLENGES

24 TEAMS WILL ROTATE ACROSS THE STUDIOS

MX-4 STUDIO	8 TEAMS 1 TEAM MEMBER PER TEAM COMPETES 10 min intro 4 min per station 1 min break 
FITMOVE STUDIO	8 TEAMS ALL TEAM MEMBERS COMPETE FUN FITNESS CHALLENGES 10 min intro 4 min relay per station - 1 min per team member 1 min break 1. Fastest Fingers First 2. Stay Calm Under Pressure 3. Find the Balance 4. All Systems Go
DIS-CHEM VILLAGE	8 TEAMS ALL TEAM MEMBERS COMPETE MEMORY GAME - SHOP TO YOU DROP! 10 min intro 5 min order taking 10 min to get orders 5 min to check order

YOUR FITTEST TEAM MEMBER

PARTNERS

**MATRIX
FITNESS**



**FIBO GLOBAL
FITNESS**
AFRICA

Presented by

**Dis-Chem
PHARMACIES**

ABOUT

Fight with Insight is a boxing project that aims to create a safe society for the youth of Johannesburg where their rights are fully realised.

Fight with Insight was started by Luke Lamprecht and Anton Gilmore. Anton, who runs the programme, is an ex pro boxer, trainer and promoter, with over 20 years first hand experience of the impact that boxing has in the lives of youth in the Southern Suburbs of Rosettenville.

Luke has 20 years experience in the child protection and development field and works with many Non-Profit

Organisations. Anton and Luke are supported by Sheri Errington, a researcher with Non-Profit Monitoring and Evaluation experience.

Boxing is used as a method to teach children the skills to claim their rights and be champions for life. This is achieved by empowering children to respect themselves and others through the 4 main principles of the programme: 1) First impressions 2) Consequence to action 3) Compassion and 4) Moving forward positively. Such principles are integrated into the boxing and life skills components of the weekly sessions.

BOOKINGS

martin.hiller@reedexpoafrika.co.za
www.fibosa.co.za

25-27 OCTOBER 2019
TICKETPRO DOME

Organised By:

Reed Exhibitions

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