

## Clare Nasir's Boot Camp

Written by Eva

Sunday, 11 November 2012 17:26 - Last Updated Thursday, 18 August 2016 18:06

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DVD



|                      |                 |
|----------------------|-----------------|
| Language:            | Englisch        |
| Running time:        | 80 Min.         |
| Kind:                | Strength/Cardio |
| Punch inkl. Warm up: | 20 Min.         |
| Kick:                | 20 Min.         |
| Tone:                | 20 Min.         |
| Crunch&Cool down:    | 20 Min.         |
| Nutrition tips       |                 |

Effectiveness:



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**Tailor-made solutions** – Tailor-made solutions are created for a specific client and are designed to meet their unique needs. They are often developed in collaboration with the client and are typically more expensive than standard solutions. Tailor-made solutions are often used in the pharmaceutical industry to develop new drugs or to create customized medical devices.