



The Workout

Group training for everyone

The Workout is the perfect activity for groups who want to combine movement, energy, and a shared experience - whether participants are fitness enthusiasts or usually prefer to avoid the gym.

Here, joy, team spirit and that wonderful endorphin rush afterwards are in focus. The session is led by an inspiring instructor who guides you through the setup and divides the group into pairs. Together, you'll work through a series of exercises that can be adapted to each person's level and energy that day. No competition - just a shared pace, support, and plenty of encouragement!

With the help of boxing gloves, resistance bands and body-weight training, you'll get to try a well-designed mix of strength, cardio,

coordination and mobility. The activities spark both smiles and sweat, and encourage collaboration between colleagues who may not usually work side by side. The training is gentle yet effective, and is ideal for companies looking to strengthen team spirit and create an energising break during a conference day.

Regardless of starting point, participants leave the session with rosy cheeks, renewed energy and the feeling of having accomplished something truly great - together.

ALTERNATIVE 1

1 h

- The Workout

Starting fee: 5.000 SEK

Per person: 350 SEK

VAT will be added

Öppet Hav AB

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Information

- Outdoors
- All year round
- Suitable for small and large groups



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