

Louis Smith shows he's got stamina as he takes part in urban boot camp session in London

LOUIS Smith proved he's got just what it takes to exercise all over London as he took part in a new urban boot camp session in the Capital last night.



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The 24-year-old gymnast showed off his best parkour moves as he became the first person to be put through his paces at the launch of a new boot camp, designed exclusively by Phones 4.

Scaling walls, gates and rocks around the iconic London landscape, Smith quickly mastered the upper and core body exercises devised by fitness trainer to the stars, Ricardo Macedo, and quickened a few pulses of the participating boot-campers in the process.

"London is one of the world's most breath-taking cities and I loved using the urban landscape to put my body to the test," Smith said following his workout.

"The Phones 4u Urban Boot Camp is an innovative and unique way for people to work out in London and it's unlike anything else I've seen before. Ricardo certainly worked us very hard – the basic parkour moves may look fairly easy but they require a lot of strength and energy!"



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The bespoke boot camp is the first of its kind, using the iconic urban landscape of London as a workout playground, and has been designed to celebrate the launch of the Samsung Galaxy S4.

Using the new Samsung Galaxy S4 to keep track of the calories he burned, Louis kicked off the new boot camp outside the Tower of London, before taking part in the 4.2km circuit that took in London's most famous sights, including the Millennium Bridge and the London Eye, before cooling down under the towering heights of Big Ben.

"These days smart phones are an intrinsic part of most people's lives, so it's great to be able to integrate the health features on the Samsung Galaxy S4 as part of an everyday workout," he added.



Louis used the new Samsung Galaxy S4 to keep track of the calories he had burned

Developed by Ricardo Macedo, regular trainer to super-toned celebrities like Girls Aloud and JLS, the Phones 4u urban boot camp is designed to push participants to the limit and achieve maximum results in minimum time, with all the results tracked by the S-Health app on the latest tech gadget, the Samsung Galaxy S4.

The boot camp is free and will be running for a six week period every Tuesday and Thursday until July 4.

People wanting to take part in the Phones 4u urban boot camp can apply for spaces at www.Facebook.com/Phones4u.
(<https://www.facebook.com/Phones4u>)