



Mont Blanc Hiking Experience 2025 - Fitness Pledge

I, _____ [Your Name], hereby commit to training diligently and consistently to ensure I am in peak physical condition for the Tour du Mont Blanc hike in September 2025. I pledge to follow a comprehensive training program that includes cardiovascular endurance, strength training, and core exercises using the Customized Mont Blanc Training Plan provided by Vai Fitness and your trainer, Silvia Giamanco. By doing so, I will be prepared to tackle the challenges of the hike and fully enjoy this incredible adventure.

I understand the importance of being in top shape to safely and successfully complete the hike, and I am dedicated to achieving this goal through discipline, hard work, and perseverance.

Signature

Date