

MEDIA ALERT

July 21, 2017

Are you fitter than a Maasai Warrior? Comedian Joel Dommett is about to find out.

Tribal Bootcamp starts Wednesday August 16 at 8.30pm on BBC Knowledge



From F45 and CrossFit to spinning, aerial yoga and high-intensity interval training (HIIT), every fitness trend imaginable has been exploited and exhausted in Western culture but are these fitness fads the key to healthy living – or do we need to look further afield for answers?

In *Tribal Bootcamp*, premiering Wednesday August 16 on BBC Knowledge at 8.30pm, stand-up comedian and fitness junkie Joel Dommett (*Skins*) is joined by his pal and fellow comic Nish Kumar (*Mock The Week*) on an epic trip to six of the most active communities on Earth. For these tribes, their gym is their natural habitat and their personal trainer is that hard ass Mother Nature.

While Nish is more interested in the local food, Joel trains with Maasai warriors in Africa, the Xavante tribe in the Brazilian Rainforest, Shaolin monks in China, Tagbanua in the Philippines, a running tribe in the Mexican Canyon and a group of Mongolian nomads. Is Joel fitter than a Maasai warrior? We're about to find out.

Available to preview here: [BBC Worldwide Press Preview Site](#).

Downloadable images available here: [BBC Media Site](#)

Embeddable trailer available here: <https://www.youtube.com/watch?v=NyfrmoEC5eU>

<iframe width="560" height="315" src="https://www.youtube.com/embed/NyfrmoEC5eU" frameborder="0" allowfullscreen></iframe>

Tribal Bootcamp (6 x 60)

Australian premiere

Wednesdays at 8.30pm from August 16

-Ends-

For more information, images or to preview an episode, please contact:

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NOTES TO EDITORS:

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