

GO ANYWHERE  
DO ANYTHING

THE STORY SO FAR

# WHAT IS GO ANYWHERE DO ANYTHING?

The concept of being able to Go Anywhere and Do Anything is why Wild Training was founded by James Griffiths.

Having complete confidence in your body and mind, that no matter what situation you're in, what challenges come your way, you could perform, mentally and physically. Being able to contribute to any situation with something of value - giving yourself absolute freedom in your body, your choices, and your life. That is what Go Anywhere Do Anything means to James Griffiths and Wild Training.



## LIVE A WILD LIFE

# LIVE A LIFE WITHOUT LIMITS

The idea of living your life without any limits is beautiful. The majority of limits on our lives is down to us wasting energy thinking about things we can't do, rather than positively exploring the things we can do.

We are more than our routines. Wake up, eat, work, sleep. That's how we stay alive, but, that's no way of life. The quality of our life comes from love, culture and interaction.

The pursuit of passion - it's the difference between living and existing.

With a few changes to your lifestyle you can alter your perception of what living a life without limits is and what being able to Go Anywhere Do Anything means to you.

## THE PURSUIT OF PASSION

# THE DOCUMENTARY

Recently we filmed a sequence of our documentary in partnership with Jeep, titled - 'Go Anywhere Do Anything' with World's Strongest man competitor, Laurence Shahlaei.

Laurence talks about his time competing in the World's Strongest Man competitions, how he dealt with the pressures of making money from competing and ultimately learning from the past with his family and work life balance.

He opens up on how he started with strongman training and what spurred him on to take it to an international level. Filmed in our Muscle Tunnel whilst throwing around some pretty heavy weights, pulling a Jeep with bare hands, all in preparation for the first series of, 'Go Anywhere Do Anything' in Scotland.



# VISUALLY CAPTIVATING

Laurence Shahlai and James Griffiths will be together on this journey. Supporting each other whilst enduring challenges taking them far out of their own comfort zones. From taking on a new world record attempt, exploring the Scottish highlands wondrous scenery, whilst putting the Jeep to the test. Proving that you can really be ready to Go Anywhere and Do Anything.

Working with the best directors of photography and cameramen in the business, 'Go Anywhere Do Anything' will be a harmonious balance of strength physically and mentally whilst visually captivating.

So far, with thanks to, James Griffiths, Laurence Shahlai, Jeep UK, Gareth Beeson, Ed Coleman, Melissa Cassar, Big Noise Productions, Columbia, Be A Pathfinder.

