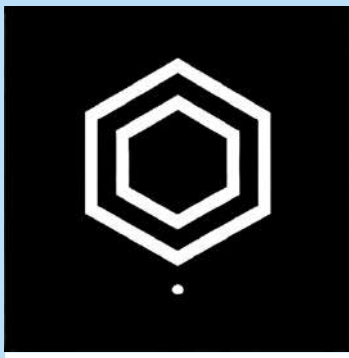




ack3[®]

WHEREVER YOU ARE

Strategic Risk & Decision Advisory



BOOTCAMP IN SPAIN

2026

ISO 9001:2015 Quality Management 43445/22/AN	ISO 14001:2015 Environmental Management EMS-9310/AN	ISO 18788:2015 Security Operations Management 159-1/21					TRAINING PROGRAM SUSTAINABLE SUPPLIERS
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CONFIDENTIALITY AND USE OF INFORMATION

The confidentiality of our clients' security plans, strategy, business, resilience, and risk management is a priority for ACK3. The company rigorously applies organizational separation between teams working for potentially competing clients, as well as other measures aimed at ensuring the protection of all confidential information.

Furthermore, given the highly competitive nature of the sector, ACK3 considers its methodologies, approaches, and capabilities to be a key differentiating value.

Therefore, it is requested that this document, as well as any content included herein, is not shared with third parties — including competitors — without the prior written consent of ACK3.

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Training scope

The Bootcamp – Fitness, Discipline, Leadership and Survival, developed by ACK3, is an intensive program designed to deliver a high-performance immersive experience, both physically and mentally, within a structured and demanding environment.

The training is aimed at participants seeking to push their limits, strengthen discipline, and develop leadership and teamwork capabilities through a model inspired by military training environments adapted to a civilian context. The program combines physical conditioning, technical training, and personal development, enabling participants to acquire practical tools applicable in both professional and personal settings.

It is not merely a physical training program, but a transformational experience focused on resilience, a high-effort mindset, and the ability to operate under pressure.

“You only fail if you don’t try.”

TECHNICAL PROPOSAL

ACK3 delivers a distinctive Bootcamp that combines real operational experience, top-tier instructors, and a unique methodology focused on decision-making under pressure and leadership development in demanding environments. The ACK3 Bootcamp simulates a structured, demanding, and progressive training environment designed to develop physical, cognitive, and behavioral capabilities under high-intensity conditions and pressure.

The program integrates applied theory, continuous practice, and field exercises, aiming to achieve progressive adaptation and overall performance improvement. It is structured around the following pillars:

- **Comprehensive physical conditioning:** development of strength, endurance, agility, and mobility through daily high-intensity training.
- **Discipline and structure:** implementation of organized routines that foster consistency, self-control, and time management.
- **Leadership and teamwork:** development of coordination, communication, and decision-making skills in demanding environments.
- **Basic survival and preparedness:** acquisition of essential skills to operate in natural environments.
- **Stress management:** adaptation to physically and mentally demanding situations.

- **Personal development:** strengthening motivation, confidence, and a growth mindset.

The training is designed to ensure progressive development both physically and psychologically.

OBJETIVES

The Bootcamp aims to develop physical capabilities, operational discipline, and leadership skills through intensive training that strengthens resilience, autonomy, and decision-making under pressure. The program focuses on:

- Improving overall physical performance (strength, endurance, agility).
- Developing discipline, consistency, and structured habits.
- Enhancing leadership and teamwork skills.
- Fostering adaptability to demanding environments.
- Developing basic survival skills.
- Strengthening mental resilience and stress management.
- Promoting a growth mindset and personal development.

FORMAT

Intensive program — 5 Days

A comprehensive format combining physical training, technical instruction, and progressive simulations in a controlled environment.

Includes:

- Structured daily training
- Field exercises
- Team dynamics
- Role-play scenarios with realistic situations

Mode and location

- **Languages:** available in English and Spanish
- **Location:** Sierra de Guadarrama, Madrid region

PEDAGOGICAL STRUCTURE

The Bootcamp follows a progressive structure focused on holistic development.

Phase	Descripción	Contenidos / Ejercicios
1. Adaptation & Fundamentals	Introduction to the training environment and foundational development.	<ul style="list-style-type: none"> • Initial assessment • Basic routines • Introduction to structured discipline • Teamwork fundamentals
2. Technical & Physical Development	Progressive increase in physical demand and acquisition of key skills.	<ul style="list-style-type: none"> • Intensive physical training • Obstacle courses • Navigation and orientation • Basic survival techniques • Leadership dynamics
3. Integration & Simulation	Application of skills in demanding scenarios combining physical effort, decision-making, and coordination.	<ul style="list-style-type: none"> • Combined endurance challenges • Team exercises under pressure • Final operational simulation • Performance evaluation



TRAINING AREAS

The program takes an integrated approach to:

- Functional physical conditioning
- Discipline and operational structure
- Teamwork
- Applied leadership
- Basic survival
- Navigation and orientation
- Stress management
- Basic self-defense

LEARNING METHODOLOGY

The ACK3 Bootcamp applies an 80% practical / 20% theoretical methodology focused on direct experience and continuous improvement.

Based on:

- Experiential training
- Learning through repetition and adaptation
- Group dynamics
- Continuous performance evaluation

Participants learn through action, facing progressive challenges requiring effort, focus, and discipline.

MATERIALS AND EQUIPMENT

The program uses specialized equipment to ensure safe, realistic, and effective training:

- Personal protective equipment
- Physical training materials (weights, sandbags, tires)
- Obstacle courses
- Navigation equipment (maps, compasses)
- Survival gear
- Basic first aid kits

All materials are provided by ACK3.

EXPERTISE AND TEAM

At ACK3, we have a highly qualified team specialized in training in high-risk environments. Our experience spans NGO operations, international missions, and civilian contexts, delivering practical, realistic, and reliable instruction.

The team combines international military backgrounds with academic training in security and humanitarian assistance, ensuring a comprehensive approach that integrates discipline, technical knowledge, and awareness of complex environments.

With over two decades of experience in security, protection, and resilience, along with international certifications in risk management and tactical first aid, our instructors bring strategic insight and innovation to both corporate and humanitarian projects.



Fernando Mazarro

Bootcamp Coordinator

Trainer with over 20 years of experience in security and protection in conflict environments. His profile combines international certifications (International Location Safety, IECAH, NRC, AECID) with hands-on experience in humanitarian missions. Specialist in incident management, risk assessment, negotiation, tactical first aid, and resilience in VUCA environments.



Jorge Quintana

Operational Advisor

Special Forces veteran with over 25 years of experience in security, emergency response, and international operations across more than 50 countries. He has extensive teaching experience and has led security and resilience projects in major multinational companies, bringing strategic vision, innovation, and expertise in cybersecurity and emergency management.

GENERAL INFORMATION

Medical insurance coverage

Accommodation and meals:

- Included: on-site accommodation
- Meals:
 - Breakfast, lunch, and dinner (adapted to dietary requirements upon request)
 - Hydration guaranteed throughout all activities

Clothing and equipment:

- Comfortable, durable outdoor clothing recommended
- Footwear: sports shoes and hiking boots
- Suggested items: hat, sunglasses, sunscreen
- Provided by ACK3: PPE, compasses, maps, radios, and required materials

All materials required for exercises and simulations are provided by ACK3.



Available format

5-DAY BOOTCAMP

Structure and specific content

The 5-day ACK3 Bootcamp program is designed as an intensive and progressive training experience, expanding core modules in physical conditioning, military discipline, and leadership, while integrating survival practices and mental resilience in more complex scenarios. The structure is organized into high-intensity practical and theoretical sessions, where participants operate in demanding environments and field simulations:

- **Advanced physical conditioning:** daily training focused on strength, endurance, agility, and flexibility, including progressive obstacle circuits.
- **Discipline and military cohesion:** instruction in routines, exercises, and drills that reinforce self-discipline and group cohesion.
- **Basic tactics and collaborative leadership:** navigation, field operations, and team dynamics to enhance decision-making under pressure.
- **Applied survival:** shelter building, fire starting, water sourcing, and first aid in adverse conditions.
- **Self-defense and mental resilience:** close-combat techniques, stress management, and adaptation to changing environments.
- **Integration and personal development:** final simulation combining teamwork, leadership, and survival, along with motivation and goal-setting workshops

PARTICIPANT PROFILE

- Civilians interested in experiencing basic military training.
- Reserve personnel or trainees seeking to improve physical condition and discipline.
- Professionals aiming to strengthen leadership, resilience, and teamwork.
- Individuals motivated to overcome physical and mental challenges in a controlled and safe environment.

Expected outcomes

- Optimized physical condition: significant improvement in strength, endurance, and agility, with enhanced recovery capacity.
- Consolidated discipline: autonomous application of structured routines and effective time management across different scenarios.
- Effective leadership: ability to coordinate teams, communicate under pressure, and make strategic decisions.
- Practical survival skills: autonomy in shelter building, fire starting, water sourcing, and first aid in adverse environments.
- Strengthened mental resilience: ability to manage physical and psychological pressure with confidence and stability.
- Personal transformation: clear growth mindset, defined goals, and increased confidence to face new challenges.
- Initial and final assessment: measurement of physical performance, decision-making analysis, and stress management evaluation.
- Final certification: participation accreditation, validation of competencies, and recognition of performance.
- Participant video and photos: record of progress, documentation of key milestones, and lasting memory of the experience.
- ACK3 Academy alumni community: access to networking, continued learning, and participation in future activities.
- Self-awareness: identification of personal limits, development of self-awareness, and ability to overcome challenges in demanding environments.

“Your greatest opponent is yourself.”

Presupuesto

	Price
Bootcamp 5 días Training (por persona, IVA incluido)	1.100€

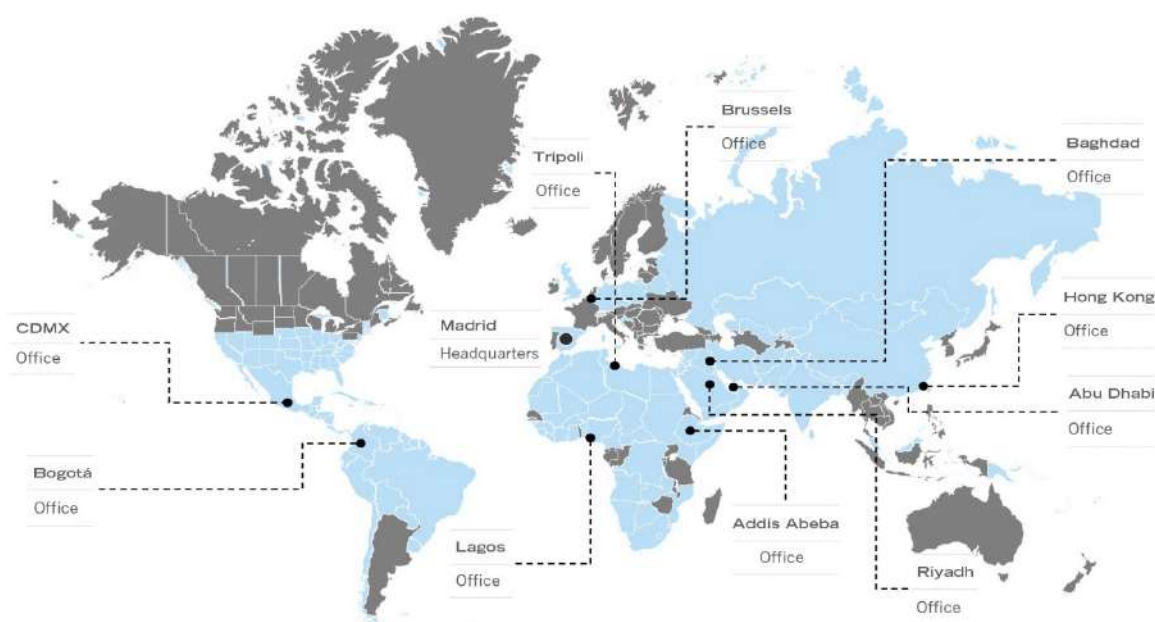
Why Choose ACK3?

ACK3's HEAT program stands out by transferring risk management methodologies and operational practices from hostile environments into the civilian and corporate sectors. It is not a conventional theoretical course, but an applied training program focused on self-protection, prevention, and effective response in real risk scenarios, with direct transfer of capabilities to the professional environment.

The program is designed to enhance decision-making under pressure, situational awareness, and the ability to respond to critical incidents. ACK3 is a Strategic Risk & Decision Advisory specialized in economic intelligence, risk management, and organizational resilience, with an international presence across LATAM and EMEA. Its approach combines operational experience in complex environments with analytical and strategic capabilities focused on decision-making. From a training perspective, ACK3 stands out for:

- **Specialized expertise:** training delivered by professionals with backgrounds in security, defense, and hostile environments
- **Applied approach:** training based on real scenarios and practical simulations
- **Differentiated capabilities:** integration of risk management, incident response, and decision-making under pressure
- **International standards:** compliance with ISO 9001, 14001, and 18788 standards
- **Training continuity:** ongoing support and knowledge transfer beyond the program

■ ACK3 Presence



Quality control

ACK3 has implemented, audited, and certified an Integrated Management System, including a **Quality Management System (ISO 9001:2015; ISO 14001:2015)** and a **Private Security Operations Management System (ISO 18788:2015)**.

ISO 9001:2015 Quality Management 43445/22/AN	ISO 14001:2015 Environmental Management EMS-9310/AN	ISO 18788:2015 Security Operations Management 159-1/21	
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ACK3 applies a combination of international standards and best practices from the private security and organizational resilience industry, including ISO, ANSI, and UNE standards. Its consultants are active members of renowned associations such as ASIS International, with nearly 40,000 members worldwide, and the Global Special Operations Forces Foundation (GSOF), where ACK3 is currently the only Spanish partner.

ACK3 collaborates with Spanish institutions through formal agreements. For example, it works with the SAPROMIL initiative of the Spanish Ministry of Defence to support the transition of Armed Forces personnel into the private sector, as well as with other public institutions.



ACK3 is recognized as a registered supplier for the **Spanish Ministry of Defence (MoD)**, adhering to the rigorous quality and expertise standards required for international defense collaborations. This certification underscores our commitment to delivering services that meet the expectations of global defense agencies.



ACK3 is also a registered supplier for leading international organizations such as the European Union, the United Nations, NATO, the European Defence Agency, the European Space Agency, and the OSCE.



CODE OF CONDUCT

ACK3 operates under a Code of Conduct based on industry best practices. In 2012, ACK3 became the **first Spanish company to sign the International Code of Conduct (ICoC)** for Private Security Providers with the Swiss Government.



Contact

For more information about the HEAT training program, availability, or any inquiries related to the courses included in this catalog, please contact us via email:

academy@ack3solutions.com

We will be pleased to assist you and help you select the training program that best suits your need



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