



HEALTH & DIET

| Shape Up!

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I Tried It: Warrior Fitness Boot Camp

by [Karina Arrue](#)

Happy Monday, guys! Have you ever tried a fitness boot camp? I know [Sarah over at Vitamin G](#) did a few months ago, but I've always stayed away because the thought of having a drill sergeant yelling in my ear has always terrified me. But people rave about the results, (especially when it comes to weight-loss) so I threw caution to the wind last week and took a group session at [Warrior Fitness Boot Camp](#) in Manhattan. Maybe I've watched way too much TV, ([G.I. Jane](#), anyone?) because I really enjoyed the workout!



I took a class alongside a bunch of WFBC regulars and they were all very intense and serious about their workout, as are their trainers, two former Marines who don't take excuses from anyone. (Fortunately, there was no yelling in my ear!) I was a little intimidated at first, but they have a good balance of tough guy and caring coach, so I got over my fears quickly.

I was also comforted by the fact that we were doing many basic exercises I'm already familiar with: pushups, sit-ups, mountain climbers, raised planks, jumping jacks, and squats.... But I'm so used to doing them at my own pace, so the speed at which we had to do each interval was challenging. And the fact that you *must* count out loud with the rest of your comrades. I could barely breathe!

What I found really interesting though, was the group accountability factor: At one point, we had to do 40 arm circles without stopping or dropping our arms. My arms wanted to fall off at around arm circle no. 25, but if anybody stopped, everyone would have to do an extra five. And I didn't want to be *that* girl, so I did all 40 without complaining. What do you think of this group accountability concept? Do you think it's OK to "punish" the entire group because one person doesn't finish an exercise? It's an interesting philosophy—and

apparently, it works! I would just be careful to avoid injury, only because I'm the kind of person who is too prideful to admit that I'm tired or need to stop. (I think [Sarah would agree.](#))

But all in all, I enjoyed the experience. I especially loved climbing over some hurdles and scaling walls. The part of the workout I really didn't care for was climbing five flights of stairs with a body bar. Definitely not my idea of fun, but I must admit that I felt really hardcore when I was done. And my muscles were in such shock that I found myself shaking for hours afterwards.

What do you think? Have you tried a fitness boot camp before? Were you intimidated or exhilarated? And what's your personal preference: working out in a group setting, with a personal trainer, or with a couple of friends. Discuss!

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