



October's Toughest Workout

Our Toughest Workout features are always a big hit with readers, so we thought why not make it a monthly installment? So let's not beat around the bush with this one. This bootcamp was bleeping HARD. I do a lot of classes, and while this one wasn't technically any harder than some of the more weight-focused, lactic-acid inducing workouts, it was far more demanding at one hour—without a single rest.

As far as the bootcamp format goes (big ex-marines yelling at you and not letting you stop to catch your breath) Warrior Fitness Bootcamp is par for the course. Ex-marines Alex Fell and Ruben Belliard own the business and run every single class that survives each week to come back the next. What is truly unique about it is the facility. An indoor bootcamp with a punishing obstacle course and near one-on-one attention? Unheard of in NYC—especially in midtown. Fells tells me that they built out the facility themselves and planned the obstacle course to be a challenge for all levels, but not impossible for anyone.

Let me tell you that after much stair running (which, honestly after the push-up/squat-thrust/sprint warm-up was more stair run/walking) hauling your butt over a wall is not easy for anyone. But Fells and Belliard work with the small class to essentially act as personal trainers for each person in a group format. So even if a super athlete were to come into a class with beginners, he would still get his butt kicked hard based on his own capabilities and not those of the rest of the class.

A short rundown of our class included the aforementioned warm-up, a kind of hands a feet crawl/walk around the track (don't slip on your own sweat) followed by a run up eight flights, then a trip through the obstacle course (pictured below). Hurdles, ascending monkey bars, walls to scale and the awful rope climb at the end. (Note to those who follow: wear pants). Followed by another stair run with weights, some ab work and then a trio of suicide sprints, wall jumps and squats.

I have done many a tough workout over the three years that I have edited this magazine and never before have I been left with legs so shaky that it actually felt better to keep squatting than to rest. If you want to tap your inner He-Man, this is what you've been waiting for. Classes run from 5:30 a.m. to 7:30 p.m. Packages vary in price by frequency. www.warriorfitnessbootcamp.com.

