

■ ACTIVE NYC

# I want you — to get fit

## Boot camp offers Army-style obstacle course, minus the insults

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**"Drop and give me 10." It wasn't the Army, but it was close.**

In a Chelsea loft-turned camouflage playground, Pure Power Boot Camp owner Lauren Brenner, a former Wall Street trader, pushed our five-member "platoon" through pushups, crunches and jumping jacks. We ran laps and tackled endless flights of stairs. Then she sent us through the obstacle course, which is based on the Army's confidence course at Fort Knox in Kentucky.

"I think gyms are monotonous after a while and I wanted to make people come together and be a part of something," Brenner said.

And the group did pull together, as we tried to clear hurdles, climb a series of walls, and pull ourselves along a rope ladder. We even did a series of sit-ups as one, linked arm-in-sweaty-arm.

A few of the "Privates" in my group had been coming to the camp for months, and were able to clear even the highest wall. Although my exercise tastes lean towards yoga, I could see the course's appeal. Each obstacle is a challenge to tackle day after day, and ultimately conquer.

"You respond more and better if your mind is engaged," Brenner said. And there is a method to the madness: "Each obstacle works on a different part of your body that we work on prior with the calisthenics."

At least half of the time,



Lauren Brenner gives the orders at Pure Power Boot Camp.

people throw up during their first Pure Power workout, says Brenner. Full disclosure: I was able to keep my breakfast down, but just barely. And boy, did my quads hurt the next day.

While Brenner is tough on her "recruits," she is far from the stereotypical drill ser-

geant. "I don't want people to think that we are putting anyone down," she said.

That doesn't mean she doesn't yell. Brenner loses her voice every few days, and is even seeing a doctor about it.

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