



# Better-Body Boot Camp

Lose inches, heal back pain, or find your inner yogi with these four intensive workout programs. **by Megan McMorris**

**THE MARINES HAVE THE RIGHT IDEA.** To whip your body into shape pronto, you need to take a blitz-like approach to exercise. That's the idea behind the newest generation of boot-camp workouts, which move beyond mere calisthenics to incorporate everything from yoga flash cards to baby carriages. The one thing they all seem to have in common: a promise to change your body for the better, in anywhere from three days to eight weeks. We've highlighted three new classes, plus one at-home

program. You'll find there's nothing basic about this training!

**Pure Power Boot Camp**  
**LOCATION:** New York City;  
[purepowerbootcamp.com](http://purepowerbootcamp.com)

**THE CHALLENGE:** A six-week total-body shape-up plan that features an indoor obstacle course modeled after the military's. For one hour, four days a week, students don fatigues and dog tags and take on a climbing wall, nets, rope swings and monkey bars.

**INSIDE LOOK:** "In just six weeks, my stomach went from flabby to almost flat, my arms and legs were more toned, I lost a few inches around my waist, and I went down a pants size!" says Michelle Wagner, 32, a sales rep in New York City.

**MOVE TO TRY:** Tire Run Combo. Find a nearby playground that offers a tire obstacle course. Begin by running through the tires three times (going back and forth a total of six times). As you run, remember to stay on the balls of your feet, stepping lightly while keeping your abdominals engaged and bringing your knees up high with every step. Next, do 50 crunches with your legs extended straight up, followed by two more round-trip tire runs. Then do 10 push-ups and 50 crunches with knees bent. Finish the circuit with three more tire runs, then 10 push-ups.