

# PUTTING THE BOOT IN

## EDUAN MAGGO IS "TWENTYSOMETHING"

Copy editor

**Do you exercise regularly?**  
After years of not doing anything, I'm slowly getting more active. I walk often, with some jogging and cycling (recently) thrown in.

**What are you hoping to achieve?**  
Both fitness and weight loss. A six pack is probably asking too much, but I would settle for losing at least five kilos.

**Any apprehensions?**  
Let's hope my body can take this military-style training.

**Describe your eating habits?**  
I love good food and am on a mission to find healthy food that's also good. I'm trying to be more conscientious about what I eat.

**Are you a determined person when it comes to exercise?**  
I get bored quickly, but if it's fun I can be determined.

**What Original Fitness Company (OFC) says:** Eduan says he gets bored quite easily. He won't on this course. A great sign is that he has recently identified his weaknesses. A five-kilo fat loss will have to see his eating cut back quite significantly with smaller meals. He will thrive in a dynamic group environment and even be quite competitive. As far as results go, increased cardiovascular output and fat loss are not out of the question.



### RESULTS: WEEK ONE

My body is not happy, but it helps that I'm not suffering alone. I have a lot of resistance training ahead of me. Can't say I'm looking forward to it, but I am looking forward to the results.

**Sit-ups:** 35  
**Press-ups:** 13

**Squats:** 41  
**The plank:** 29 seconds  
**1.6-kilometre run:** 10 minutes, 19 seconds

**ATTENDANCE SHEET**  
**Monday:** present  
**Wednesday:** present  
**Friday:** present. Social life? What social life?

## KELLY CRANE, 32

Senior reporter

**Do you exercise regularly?**  
I run and swim regularly and do Body Pump once a month.

**What are you hoping to achieve?**  
Some summer encouragement to continue to exercise and improve my cardio and strength. I want to shift a kilo or two.

**Any apprehensions?**  
That it'll be too hot to train.

**Describe your eating habits roughly?**  
I eat well but have bad days. Sometimes I eat too much and sometimes not at all.

**Are you a determined person when it comes to exercise?**  
Very determined and disciplined once I'm in the zone. Love a challenge.

**What OFC says:** Kelly wants to improve her strength and cardiovascular output along with losing the odd kilo or two. This is a perfect set of goals for anyone doing our Boot Camp as this is what we designed it to do. The biggest hurdle will be nutrition since skipping meals, eating too much and having bad days will never help. Sort out this little issue and she can reach her goals.



### RESULTS: WEEK ONE

It was harder than I imagined. I run long distances but this is all new for me. My strength, especially arms, need work but at least I have something to work towards.

**Sit-ups:** 50  
**Press-ups:** 18  
**Squats:** 70

**The plank:** 1 minute, 57 seconds  
**1.6-kilometre run:** 6 minutes 10 seconds

**ATTENDANCE SHEET**  
**Monday:** present  
**Wednesday:** present (but had to do 6am session as work commitment in PM)  
**Friday:** present



Photos by ATIQU-UR-REHMAN/Gulf News and supplied

By KELLY CRANE  
Senior Reporter

While the rest of the world was doing calf raises, Jennifer Love Hewitt was running on a treadmill in heels. Cindy Crawford traded sit-ups for dangerous flings and gyrations while Cher opted for a giant rubber ball and band in place of the trusty press-up and bicep curl.

Exercise "fads" come and go. If it's real results you're after, there's

no getting away from the fact it's all about a healthy diet and real exercise. Sorry.

Actress Kate Hudson worked out up to three hours daily for three months to shed the five stone (32 kilos) she gained while pregnant with son Ryder. In preparation for her role as Daisy Duke, Jessica Simpson worked out for two hours a day, six days a week. One Hollywood gym owner revealed one famous singer/actress works out for five hours a day, even on her birthday.

As most of us have jobs and a life, the

above are unrealistic (unless you don't sleep). Boot camp fans says it isn't. The old-fashioned, back-to-basics, military training features running, sit-ups and push-ups - coupled with a no-nonsense instructor. Boot camps have a reputation for being extremely tough - both physically and mentally - but also for delivering results. So tabloid! on Saturday decided to put four reporters and boot camp to the test: can four weeks of gimmick-free workout hell really get results? And can our staff stick with it long enough to see

them? Eduan Maggo, Amelia Naidoo, Manjusha Radhakrishnan and myself all have differing degrees of fitness. We started Dubai's Original Fitness Company Boot Camp, which involves 60 minutes of military-style training every Monday and Wednesday and a run (optional) on Fridays. The first session saw us taking a fitness test of running a mile, holding a plank as long as possible, and a test of how many squats, push-ups and sit-ups we can do in a minute. Follow our attempt over the next four weeks, starting today.

## COREY OLIVER



There are so many "fads" out there. Why does Boot Camp reign supreme?  
A new piece of exercise equipment is introduced every day. Unfortunately, not all of them work. This method is an alternative method of fitness training that has been used in professional sporting teams, police, fire and military organisations for many years. People see results quite fast due to the nature of our high intensity interval training method. It's fitness that works.

Why should people not feel intimidated by Boot Camp - no matter how unfit or overweight?  
There is absolutely no need to feel intimidated by OFC Boot Camp. Yes, there is a very strong stigma

out there that "Boot Camp" is a hardcore military programme where the instructors scream at you and put you down. This is not the case at the OFC Boot Camp. We are supportive, encouraging and motivating to anyone of any fitness level.

Who does Boot Camp benefit most?  
It has been designed for fat loss and to increase strength and cardiovascular performance. Most people I have come across in my eight years of instructing want to reduce their body-fat percentage, build some lean muscle and look good at the beach, and this is exactly what this programme does.

For more information about OFC visit www.originalfitnessco.com

Managing director, Original Fitness Company

## MEET: MANJUSHA RADHAKRISHNAN, 30

Senior reporter



### Do you exercise regularly?

I had a baby six months ago so I have no choice now. Four weeks ago, I hired a fitness trainer. No tangible results yet.

### What are you hoping to achieve?

Fitness and fat loss. Ideally, I want to knock off ten kilos but I will settle for five at the end of 12 sessions.

### Any apprehensions?

I am grossly out of shape and my fitness levels are not exactly enviable. Whether I will be able to survive the drill is my fear.

### Describe your eating habits roughly?

I love Indian food. But I have cut down drastically on carbohydrates and starch (such as rice).

### Are you a determined person when it comes to exercise?

No. (Too lazy to type the rest!)

### What OFC says:

While she says she is lazy and out of shape, she knows she needs to get into shape in the name of her children and with that motivating factor, she will take to our Boot Camp like a duck to water. Five kilos from 12 sessions is highly achievable, however the starch and carbs must go for quick results.

### RESULTS: WEEK ONE

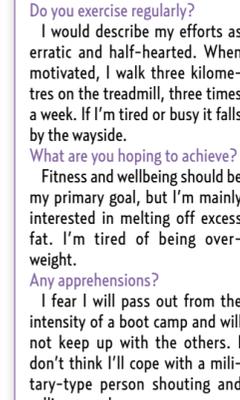
The good news: I am still standing. The bad news: I'm not sure I can survive the running. It was strenuous and gut-wrenching. Having said that, boot camps aren't as aggressive as I thought. I was surprised. Majority of the women were quite fit.

**Sit-ups:** 26  
**Press-ups:** 6  
**Squats:** 50  
**The plank:** 29 seconds  
**1.6-kilometre run:** 11 minutes, 30 seconds (but there may be some slight controversy over number of laps).

**ATTENDANCE SHEET**  
**Monday:** present  
**Wednesday:** absent. Exclusive interview with Bollywood star Salman Khan, Need I say more?  
**Friday:** absent. Thought it was optional, so I chose my 6-month-old over exercise. Is it wrong to use your baby as an excuse?

## MEET: AMELIA NAIDOO, 30

Section editor



**Do you exercise regularly?**  
I would describe my efforts as erratic and half-hearted. When motivated, I walk three kilometres on the treadmill, three times a week. If I'm tired or busy it falls by the wayside.

**What are you hoping to achieve?**  
Fitness and wellbeing should be my primary goal, but I'm mainly interested in melting off excess fat. I'm tired of being overweight.

### Any apprehensions?

I fear I will pass out from the intensity of a boot camp and will not keep up with the others. I don't think I'll cope with a military-type person shouting and calling me a loser.

### Describe your eating habits?

I love food - you could say I'm an emotional eater. When I'm upset, stressed out or just tired, I crave comfort foods. I'm following the Good Habits eating plan.

### Are you determined when it comes to exercise?

In the beginning I can be extremely motivated and committed but as the novelty wears off, my interest wanes.



### RESULTS: WEEK ONE

Week One was agony. The sessions are hard and, as I feared, it was difficult keeping up with the others. But I'm still really motivated and determined to lose at least one kilo per week. One of the benefits is feeling energised and sleeping soundly on the days I exercise, which is great.

**Sit-ups:** 29  
**Press-ups:** 10  
**Squats:** 41

**The plank:** 29 seconds  
**1.6-kilometre run:** 12 minutes, 6 seconds

**ATTENDANCE SHEET**  
**Monday:** present  
**Wednesday:** present  
**Friday:** absent. I was really sore and didn't think I would be able to do the run. I did, however, wake up at 6am and go for a long swim in the ocean on Friday morning.