



MEET YOUR PEAK SHAPE

CLIMBING, CRAWLING, JUMPING, CROUCHING—the muscle-searing moves packed into adventure racing are also the ones that build a strong, sleek physique. Take on this gritty training style to hit your body goals and be unstoppable. *By Sara Angle*
Photographs by Sarah Kehoe

FIT FASHION Above: Victoria's Secret Pink Lace-Up Front One-Piece (\$50, victoriassecret.com/pink). BCBGeneration Novelty Open Stitch Pullover (\$78, bcbgeneration.com). Native Shoes Johnny Treklite boots (\$95, nativeshoes.com).



YOU'RE STRONGER THAN YOU THINK YOU ARE, SAYS SIKORSKI: "YOU MIGHT SAY TO YOURSELF, I CAN'T LIFT 120 POUNDS, BUT IF YOUR BODY WEIGHS THAT, YOU WALK, RUN, AND JUMP WITH THAT WEIGHT EVERY DAY."

FIT FASHION

Above: Panarea Melodi One Piece (\$190, panarea.couture.com). Jacket and boots are stylist's own.
Opposite: Rebecca Minkoff Wes Moto Jacket (\$498, rebeccaminkoff.com). Earrings are model's own.



"WHEN THINGS GET TOUGH MIDWORKOUT, REMEMBER YOUR WHY—THE GOAL THAT GOT YOU STARTED IN THE FIRST PLACE," GODIN SAYS.



THERE'S A REASON why adventure races have become so hot—it's fun to get down and dirty with your workout, plus the unconventional training earns you a killer shape. That's because these physical feats have you going every which way—up, down, around, through, over, and under. When you

move your body through its entire range of motion, you train your muscles in a totally different way than a typical cardio-strength routine might, says Lawrence Sikorski, a trainer at the world's first Spartan Gym, located at the 1Hotel South Beach in Miami. (The studio gets its name from the superpopular Spartan Races that helped jump-start the adventure racing craze; so many exercisers turned to the race organizers for a way

to train for obstacle courses that they created a signature gym fully devoted to the method.)

The classes there are similar to what you might see in an actual Spartan Race, but you don't have to be gearing up for an event to reap the benefits. Body-weight training is key to a Spartan-style

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FIT FASHION
Above: **Panarea Carlotta Two Piece bikini** (\$265, panareacouture.com). **Topshop Camouflage Shacket** (\$95, us.topshop.com). Boots are stylist's own.

Styling by Jenn Berthole, hair by Adam Mactoy/Artists by Timothy Priano for Orbe, makeup by Brian Duprey/Judy Casey Inc. for MARS, prop styling by Sara Foldenauer/Sets by Sara for Ray Brown Pro



FIT FASHION
Fit Mama Apparel **Vienna Springsuit** (\$85, fitmama-apparel.com). **Monrow Foil Star Sweatpants** (\$153, monrow.com). **Athletic Propulsion Labs Ascend sneakers** (\$200, athleticpropulsionlabs.com).

A CARGO NET OR SET OF MONKEY BARS CAN CHALLENGE YOUR GRIP STRENGTH AND HELP YOU BUILD UP STAMINA.

workout because getting yourself over obstacles is the name of the game, says Jeff Godin, Ph.D., the head of fitness education at Spartan Race. And the same mix of strength, endurance, and agility you're building with those functional total-body moves will make you a machine at just about any fitness activity. Plus, you'll burn monster calories during such high-intensity sessions.

Going Spartan with your workouts also means incorporating forgotten movement patterns like crawling, climbing, and crouching. "When you have greater knowledge of what your body can do, you'll activate more muscles during your workouts and even in your everyday life," says Sikorski, who designed this powerful eight-move Spartan workout using simply body weight and a medicine ball (the fierce

photos on these pages depict challenges that inspired the routine; get the moves at shape.com/spartan).

Each move works your core while targeting parts of your upper or lower body, so you're boosting strength, but the real focus is on pumping up your stamina. You'll do two rounds of the exercises, decreasing both your rep time and rest time in the second round. Your goal? Do as many reps as you did in the first round. "Hit it hard right from the beginning of the second round, and when you start to reach a brick wall, push through it," Sikorski says. Your reward: revealing a tougher, firmer, leaner you. ★

GET CREATIVE—
A SANDBAG,
ROCK,
OR LOG
CAN MAKE
JUST AS
GOOD A
WEIGHT
AS A
MEDICINE
BALL OR A
DUMBBELL.

FIT FASHION Below: Ragdoll LA Vintage Distressed Tee (\$79, ragdoll-la.com), Varley Palms Tight leggings (\$110, varley.com). Opposite: Year of Ours Year Ribbed Bra (\$66, yearofours.com), Tribe Kelley Neverland Short (\$50, tribekelley.com).



Try this workout!
Scan here for your step-by-step how-to, including photos, or visit shape.com/spartan.



SCALE IT FOR BEST RESULTS
Check out the Scale Down and Scale Up cues to customize these exercises to your fitness level.