

# FITNESS VIEW

BY BONNIE KAYE

## South Beach Boot Camp

I came down to the Beach Boot Camp Workout class held at the Ritz Carlton South Beach Hotel at 0800 hours sharp. Well, not really. Actually I arrived about 15 minutes late as usual, or as my friends affectionately (or annoyingly) call it, "Bonnie time"—barely acceptable in my real life, and certainly never acceptable in the military. But Malcolm Vincent, an engineer and fitness trainer for troops in the U.S. Army who served in Mosul, 240 miles north of Baghdad from March-December 2003, back when the war in Iraq was new and we thought it would end soon, was gracious and let my tardiness slide. He glanced at his watch, clapped his hands twice and shouted, "OK, listen up—now that everyone's here, let's get started."

I asked jokingly if we were going to go through drills just like the ones he did with the guys in the Army. He glanced over in his mirrored Ray Bans to give me a quick once over: I was wearing a skimpy black and silver bikini top, a sarong split up the side—way too long to run in, and matching black and silver flip-flops, of course.

"Well Bonnie, we're going to give you a total body workout. Top to bottom. I'll use what I learned in the military. We'll use weights. We'll do calisthenics. We'll do push-ups. We'll do

cardio. Lots of sprints. You will leave here knowing you worked hard. You'll feel pumped."

Good enough—where do I sign? And even though my attire seemed a little too "spa" at first, I did bring my running shoes, but as it turns out, I didn't need them after all.

"OK everyone, take off your shoes and line up here", commanded Malcolm. "You'll run to the first marker, then back to the start line. Then run to the second marker, then back to the finish line." Since I am never one to argue with a man with a whistle, I kicked off my fetching flip-flops, lifted my lovely long skirt high enough to clear my knees, and awaited further instructions.



Bonnie Kaye is a certified personal trainer, Emmy award winning sports and health reporter/producer, and has been a CBS News and CBS Sports contributor and a two-time Olympic correspondent for CBS TV & CBS Radio. Bonnie has also made appearances on MSNBC, WB11, and Fox 5 News in New York as a contributing editor for Fitness Rx Magazine for women and produces and hosts her own nationally distributed health and television series, "Inside Fitness with Bonnie Kaye." For more info, log onto <http://www.insidefitness.com>

## Sand Sprints

"On your mark, get set, go!" Malcolm cheered on our motley mixed group of men and women, which included a bartender/fitness model, or so he said, that I met on Ocean Drive at Cheeseburger Heaven the night before. He thought my early morning fitness adventure on the beach sounded like a fun idea—he would soon live to regret it, as it heats up quickly in Miami, which is probably why Malcolm wanted to start early.

It was now 85 degrees, as we sprinted to and from the markers in the sand, racing against each other as fast as we could. I think we were all afraid that the loser was going to have to do some sort of strenuous physical punishment, like extra sprints or push-ups, based on Malcolm's military background. I don't mind extra exercise; I just don't like to lose! Well, I didn't lose, but I didn't really win either, because as it turns out, the so-called loser, while they did have to do more sprints as I suspected, also received a free blueberry pancake breakfast at the Ritz Carlton Dildo Restaurant as a consolation prize for the public humiliation—what's up with that? So I am not really sure who was the winner in this scenario—I'd venture to say the person with the pancakes. If I had to do it all over again, I think I would definitely run slower.

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## HEALTH MATTERS

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**Benefits of Barefoot Beach Running**

Malcolm explained the benefits of running barefoot in the sand versus in our running shoes. "You tone-up your hamstrings and calves more when your feet sink deep into the sand. You have to use your legs a little more to lift them up and out. You can get more definition on your thighs and your bottom more this way too." That's what I'm talkin' about! The back of your legs, where your hamstring meets your hamstrings...that tough to tighten area that makes or breaks most bathing suit purchases. Plus it feels so good on your feet to run on soft, smooth sand, especially when the ocean splashes up and sprays you now and again—very playful too, to run on the beach without your shoes...like you are kid again.

**Overhead Deltoid Dumbbell Presses**

After cardio, it was time for overhead deltoid dumbbell presses with six pound dumbbells for strong, sexy, sleek shoulders. Three sets of ten are ideal, but you'll want to start with one set and use lighter weights if you are a beginner. When I mentioned that the weights were getting a little sweaty and slippery, as it was hot and they had large plates on them, Malcolm shared a story with me about what he and the guys worked with in Iraq where they didn't access to things like weights, treadmills or a gym. "We improvised with sandbags for bicep

curls and concrete slabs on poles or just on balanced the slabs on our shoulders for squats. We used whatever we could find. We just made it work. Everyone stayed in great shape no matter what." Basically, he was telling me to quit whining, and keep pumping.

Seeing that we had the luxury of training partners and could take turns spotting each other while watching windsurfers glide by, their multi-colored sails flapping in the ocean breeze, my sweaty weights suddenly felt just fine. Finally, we moved onto my favorite exercise, push-ups! Military style, of course, up on our toes. Hey, there are no wimps in our group...especially not with Malcolm watching us.

**Military Push-Ups**

"C'mon ladies, all the way down—no cheating!" Now I am pretty certain he was talking to the guys when he said that, as the girls were cranking them out. There is really no better exercise than push-ups for a quick, efficient way to get multiple muscles in your upper-body toned up at the same time. You'll build strength and endurance in your biceps, triceps, chest, back and shoulders in just 3 sets of 10 repetitions—eventually you'll be able to do 30 in a row without stopping—even more. I recommend you do them every morning while your coffee is brewing and you are catching up

on the morning news in your living room. Although I must admit, I find that I can always run faster, pump more iron, and do more push-ups when inspired by a spectacular ocean view...and an Adonis-like trainer with abs of iron and buns of steel.

"C'mon Bonnie, all the way down, and keep your back straight!" OK, that time he was probably talking to me.

**Shout Out To Our Troops**

Thanks Malcolm, for a fun and great workout—it was truly awesome, and so are you...for serving our country—we are glad you made it back safely, and found your way into our fitness story. As I write this column on Memorial Day Weekend, May 27th, 2007, I want to send my sincere thanks and heartfelt prayers to the brave troops still serving in the Middle East, knowingly putting their lives on the line. May you all come home safe and sound—soon. God Speed.

Log onto [www.insidefitness.com](http://www.insidefitness.com) to see Bonnie's Beach Boot camp video with Malcolm Vincent and other workout video tips from her Inside Fitness South Beach Summer Shape-Up series. You can read more of Bonnie Kaye's Brooklyn View columns there too.

Bonnie