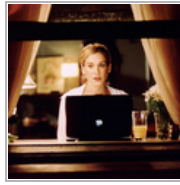




24 Life-Changing Ways to Store Your Beauty Products



9 Moments That Made Us Fall in Love with 'Sex and the City'



10 Countries Where It Absolutely Stinks to Be a Woman

» subscribe give a gift promotions videos blogs win games digital editions join free sign in with facebook sign in

marie claire

Enter Search Here



TRY: [spring beauty](#) [hair don'ts](#) [lose weight](#)

- [fashion](#)
- [hair+beauty](#)
- [health+fitness](#)
- [lifestyle+celebrity](#)
- [mc@work](#)
- [love+sex](#)
- [play+win](#)

Home » Health and Fitness » Health News and Fitness Trends

October 12, 2011



What do you get when you take a cardio boot camp and put it in a 100-degree room? We find out, the sweaty way.

By Abby Gardner

7



Special Offer

I'm sprawled out on all fours, my hands sliding off the back of a sweat-soaked exercise mat as I desperately try to shift my legs back and forth behind me in a torturous series of moves called "mountain climbers." I'm flailing, dripping, red-faced, and gasping for breath. This may very well be the least graceful or attractive I've ever looked. Questions are running through my head at a pace as rapid as my pulse: Am I having a heart attack? Have I sweat out 14 pounds yet? How did I get here?

"Here" is a studio called Pure Yoga in New York City, where I'm trying out their latest class, Bassett's Boot Camp. It's the brainchild of yoga teacher Loren Bassett and her personal trainer, Cole McDonough, of David Barton Gym. Bassett tells me that she wanted to take her practice to the next level and meld it with some cross-training. "I wanted to combine everything I love," she explains. The result is a 75-minute mix of high-intensity cardio intervals, strength training, core work, and power yoga. And it takes place in a room that's heated to between 95 and 100 degrees. (Bassett notes that doing cardio in the heat carries a risk of overheating, so you need to hydrate before, during, and after class with twice your usual water intake.) I've been practicing Bikram hot yoga for 10 years now, so I thought, How hard can hot cardio be? But as I enter the room and head over to my mat, I'm already covered in sweat. I begin to panic. I've been there less than five

minutes. I sense this might not end well.

Still, it all begins peacefully enough with some sun salutations and downward-facing dogs as we warm up — as if one needs any help in a sweltering room. I'm feeling good, if slightly awkward, when Bassett drops a word I haven't heard since high school gym class: burpees. I immediately flash back to a stinky gymnasium as a teenager during preseason conditioning. In case you didn't have the pleasure of learning this move, here's a refresher: You start standing, drop into a squat with your hands on the ground, kick your feet back while lowering yourself into a push-up, return your feet to the squatting position, and then leap back up to stand with your arms over your head. We do

connect with *marie claire*:



what's trending right now



Stunning Photos of Kate Middleton

- How to Survive a Breakup
- Sexual Assault Survivors Speak Out Against Campus Rape
- ChimelN: How You Can Help Empower Women
- Signs the Guy You're Seeing Is Boyfriend Material
- Level the Playing Field
- 7 Things Your Boyfriend Doesn't Understand
- Survivors Speak Out Against Campus Rape
- 40 Nail Polishes Perfect for Summer
- Fashion Rules to Break Now
- 7 Tips for Dealing With Crazy Summer Hair
- 10 Bags to Invest In This Summer
- How to Dress for Work In the Heat
- Protect Your Eyes In Style
- Tricks to Keep Your Makeup from Melting Off
- 80 Books You Should Read

horoscopes



this for a minute straight. Said minute feels like a decade. Later, Bassett explains that these one-minute intervals of high-intensity drills were incorporated to challenge the cardio and muscular systems, increase the heart rate, burn calories (the entire class burns around 800), and boost metabolism. She should add "almost kill me" to the list.

Over the next 75 minutes, we also do side squats, lunge jumps, planks, tricep rows, squat presses with weights for strength building, and core exercises that include holding a yoga block between our legs. If you guessed that I almost vomited during each and every one of these cardio bursts, you'd be correct.

Another killer: There's no break during class. Various yoga poses are meant to serve as recovery moments, but I take some liberties and stop during a few (read: all) of the conditioning bursts so that I don't actually fall over. I also begin to recall a particularly whistle-happy Coach McQuiston — think a '90s Sue Sylvester — who worked us until my trembling muscles felt like they were going to give out and my face was the color of a cherry tomato.

Back in the oppressively hot studios of Pure Yoga, after more than an hour of exertion, we reach savasana, or corpse pose. I feel like an extremely sweaty corpse myself. But, hallelujah, I've made it. And though I may be suffering from heat-induced delirium, the athlete in me wants to come back for more.

Post — boot camp, as I feel soreness in muscles that I had forgot existed, I realize how important cross-training and hybrid workouts are to get into prime shape. And I have no doubt that this class is one that can do just that. Call me crazy, but I'm counting down the days to my next session.

If only Coach McQuiston could see me now, actually paying someone to yell at me to do more burpees.

related links

Your Best Workout Songs For: Lifting
 Spring's Best Beauty Buys
 Find Your Best Hair Color
 The Best Winter Workout Hoodie
 The Four-Minute Workout



MONOQI

[Shop now](#) ➔

► [Reader Comments](#) ► [See all Health News and Fitness Trends Articles](#)

MORE FROM HEALTH NEWS AND



Primary Protection: The History of the Pill

This little gal has gone through quite the journey.



The Rebel Diet

Born to eat wild? Have an on-again, off-again relationship with healthy eating? You'll love the latest weight-loss news.

Workout Trend Alert: Everybody Dance Now

Can sweatin' to the '90s also get you in shape? Jennifer Goldstein kicks it old school.



[watch now](#) ⌵

Your System Status

WE'RE SORRY!

You need to update your Flash Player.



IMPORTANT: After installing the required upgrade please reload this browser window to view the video player.

[daily giveaway](#) ⌵



Unlimited Brunch!

[enter now](#) »

[see all giveaways](#) »

[celeb news](#) ⌵

Meet Scarlett Rabe

A classically trained pianist-turned-pop star, this fresh face sings your new anthem—straight from the heart.



[read more](#) »

keep on clicking

The Cast of *The Wonder Years* Reunited and It Feels So Good

5 Things to Know Right Now

Celebrities That Are Best Friends IRL

Ashton Kutcher and Mila Kunis Throughout the Years

Modern Family's Sarah Hyland on Her New Film

Vampire Academy

Three Questions with Alessandra Ambrosio

Meet Singer Scarlett Rabe: Your New Anthem

The Dark Horse of *Project Runway All Stars*: Seth Aaron Henderson

[you know you want more](#) ⌵

Get Marie Claire's FREE newsletter:

Marie Claire Weekly — our weekly "what's hot" (see a sample)

Enter your email address

[submit](#) »