

News

Boot Camp experier

This is the first edition of our new feature in which reporters Hannah Marsh and Warren Fiveash will be partaking in a series of challenges in the South Downs area. This week Warren attempted the Havit Boot Camp in Henfield.

HAVING just finished the football season and believing I was generally quite fit, I went into the boot camp thinking I would be able to handle anything that Havit instructor Rob Callow could throw at me.

My over-confidence soon came back to bite me about 15 minutes into the session when I realised this was going to be a lot harder than I originally thought. I'll do my best to recount for you what I was feeling amidst the dehydration and sweat on Tuesday afternoon.

Taking place on one of the hottest days of the year in the beautiful setting of Henfield Common we started off doing a few warm-up moves and a bit of running. Easy I thought.

But, as we moved on doing a routine of press-ups, squats and sit-ups I soon noticed a bead of sweat dripping from my brow and our photographer Steve Cobb getting ever more excited taking snaps of my grimacing face. This was a sign of things to come.

By now the grey hoodie was off and it was time for the boxercise session in which I had to pair up with someone from the group. As I donned my gloves I immediately fancied myself as a bit of a David Haye (WBA World Heavyweight champion) and although this was probably the hardest bit of the session, it was rather oddly my favourite part too. It's not often you get to pretend you're one of you're hero's (Mohammed Ali) and even better than that you can pretend you're hitting a few faces that you would secretly like to punch (no names being mentioned). In the delerium of the heat and exhaustion I was even going to attempt the Ali shuffle, but the sudden frantic clicking of our photographer's camera soon snapped me out of my mid-morning fantasy.

By now Mr Cobb was starting to take more and more photos which meant he was taking extra pleasure in seeing me drip with sweat.

Thanfully my partner Tim was superb in keeping my spirits up and as we returned to the action after a brief break those optimistic thoughts at the start of the session evaporated faster than the beads of sweat dripping down my forehead. There was only one thing I was thinking of now. Water.

As Rob uttered the words 'last exercise' there was an overwhelming feeling of satisfaction and relief. I now know how Sylvester Stallone feels in one of those cheesy Rocky workout montages. I even considered throwing the grey hoody back on and running up some stairs.

However none of us could have got to that stage without the superb Rob Callow as our instructor. There was no pressure to do more than you have to and he never made you feel out of place.

It was fun, varied and interactive and there were a complete mixture of fitness levels with no-one ever made to feel like they had to complete any of the exercises. And there's nothing like the feeling of completing a tough physical challenge.

I for one will be attending one of his evening sessions in a few weeks time...if the aching ever stops!

If you would like to have a go at one of Rob's Havit Bootcamps in Henfield visit his website at www.henfieldbootcamp.co.uk. From April 27 the sessions will take place between 9.45-10.45am at Henfield Common, in-front of the cricket pavillion. From the May 11 evening sessions will take place between 6 and 7pm on Tuesdays and Thursdays.

...nce exhausting but satisfying

STEVE COBB H10170153a



Reporter Warren Fiveash being put through his paces at the Havit Boot Camp in Henfield
...nd (right) with trainer Rob Callow. Photos by Steve Cobb



Challenge

our South Downs team

If you have a challenge for Warren and Hannah contact them by email at: warren.fiveash@sussexnewspapers.co.uk or call 01403 751267.

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