

# MEN'S FITNESS



**Box-jump king.**  
F45 Play Offs world champion Peter Day.



**Sultan of sweat.**  
David Lee smashes the squat and press.

## 10 minutes of hell

F45 is the hardcore fitness trend sweeping the country. MF kits up for a session.

**R**emember the hulking colossus that was Hugh Jackman in *Wolverine*? His massive, mutant-mashing guns and iron chest were the product of working with Aussie fitness coach Luke Istomin, the co-founder of F45.

The celebrity trainer's track record of building movie stars into brick shithouses with

functional strength gave him the inspiration for F45, which stands for "Functional 45 minute training". It's basically high intensity interval training combined with weights, with the result: a nuclear-strength cardio blast.

Sometimes compared with CrossFit, its major difference is the emphasis on time rather than reps; workouts vary

between 20-60 seconds on, 10-25 seconds off, and members work out in groups on circuits which change daily.

It's also less injury-prone. "F45 has stripped out the Olympic lifting and dangerous heavy-lifting movements that can cause damage, especially when you're fatigued," says F45 Training Seaforth owner Peter Day.

He's the current F45 Play Offs world champion, having recently blitzed an international field at Manly Beach over 10 different exercises, busting out a world record score of 917 out of 1,000 in the process. (Scores are calculated on the number of reps completed and form, which is scrupulously observed by judges). Today he has lined up the same workout he smashed that afternoon, a soul-

destroying 10-exercise circuit focusing on agility — bench hops, lateral hops, sprint and lateral hops, burpee box jumps; and strength — TRX pushups with knee tuck, pullups, rowing, squat and press, Russian twists and deadball-over-shoulder-throws.

"It's 10 minutes to test every muscle across a range of movements," Peter says. Ten minutes of hell, more like it.

The temptation is to rip in early, and that means going ballistic on the rowing machine, but it's a rookie error, as MF Ad Sales Director David Lee soon discovers, when he's got nothing left in the tank for the TRX pushups. They're the beasts of the circuit — legs are kept airborne by the ropes, forcing extreme pressure on arms and shoulders — and cranking out more than 12 is a Herculean achievement.

Later on, the 25kg deadball feels more like 50kg of pain as

shoulders, already hammered by a barrage of pullups and pushups, turn to jelly. It's no surprise we're quivering messes by the final stopwatch beep, having nuked 135 calories in 10 minutes.

David, MF's best, scores 487, but he's light years away from Peter, who records an awesome 890.

"You guys have a good base level of fitness," Peter says, diplomatically. As we gulp down litres of water and our heart rates return to less than coronary levels, it's hard to agree.

"The test we did finds where your particular strengths and weaknesses are," Peter adds. "You could get the same score as someone else but it will reveal only your levels of fitness."

And that's the great thing about F45; whether you're a workout fanatic or gym virgin, it targets the areas you need to improve, ensuring you get the best bang for your fitness buck. ■



### F45: the lowdown

**What is it?** Functional 45 minute training

**How does it roll?** Workouts are 20-60 seconds on, 10-25 seconds off

**How is it different from CrossFit?** The emphasis is on HIIT and time rather than number of reps

**Do you end up gassed?** Yep. MF was totally knackered