

# Bootcamp in Retiro: Good things come to those who sweat

When it comes to exercise, I'm definitely what you'd call, a 'late bloomer'. The thought of having my booty kicked had never been my idea of fun. Fast forward to now, and my weekly bootcamp sessions are locked into my diary, along with all other commitments.

For those reading who perhaps aren't Madrid dwellers, during lockdown we were unable to exercise. Of the many things that I missed from my pre-Covid life, being able to work out was up there. Home workouts just didn't cut it for me, in the same way that training with a professional does.

So, that leads me to bootcamp: 60 minutes of intensity in the open air, followed by that much longed for endorphin high, that sends you off sweaty, and with a spring in your step.



So how did bootcamp come about? Jye, the British-born and British-qualified personal trainer (who you can follow at



[@nico.s\\_fitness](#)), relocated from the south of Spain to Madrid. Taking advantage of the wide open spaces that Madrid has to offer, coupled with people's newfound desire to train outside, bootcamp was born.

If like me, you have the attention span of a toddler, it's the perfect way to train. No two sessions are ever the same; from circuits, to 500-rep challenges, to merging animal flow, with stretching. It's a whole body approach that's tailored by the trainer, ensuring that you're working towards your fitness goals, whilst being kept (quite literally) on your toes.



Last weekend, bootcamp had a birthday. It's just turned one. Aside from the obvious benefits to my physical wellbeing, it's been a hugely positive presence on my social life. The groups

are fun, friendly and welcoming. Essentially, when training, the common ground that you share is a given: you're there to get fit.

However, the additional happy side effect (in addition to buns of steel), has been the multiple post-bootcamp brunches; culminating in a celebratory picnic in Retiro this past weekend. Having completed our Saturday morning burpees, we switched from squats to spritzes, and toasted the progress that we'd made and the friendships that had been formed.

As we move into the summer holidays, session timings are subject to change. However, the Wednesday sessions tend to suit those looking to get a post-work sweat on in Retiro. Whereas the Saturday morning session, combines the peace and tranquility of seeing the city wake up from Templo de Debod.





So if you're looking for a way to get your heart pumping and to challenge your mindset, bootcamp is for you. With a new workout each week, the sessions are designed to push you harder than you would clearly push yourself, and to always keep your body guessing.

Bootcamp got this sloth off the sofa and into the park. Leggings are now my much favoured fashion staple, thanks to my burpee bunch (and coach), and long may it continue. Jye also offers one-on-one sessions, if that's up your street. But my one main takeaway from the past year is that bootcamp is just as important for my head, as it is my heart.

For further info contact [nico.s\\_fitness](https://www.instagram.com/nico.s_fitness) on Instagram