

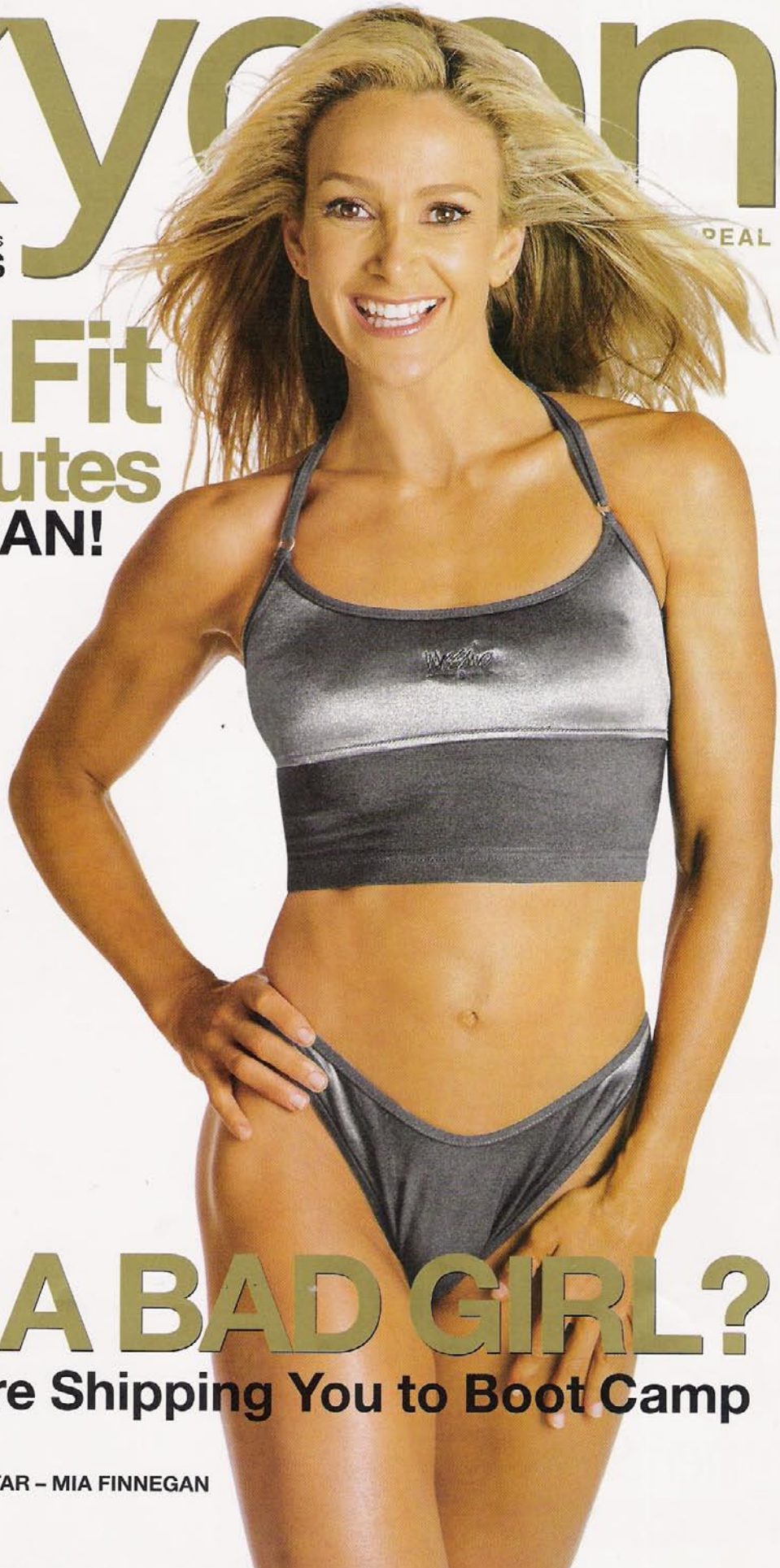
LEARN YOUR ABCs YOUR GUIDE TO ESSENTIAL VITAMINS & MINERALS

Oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS

PEAL

N.O. 27 OXYGEN - SERIOUS FITNESS FOR SERIOUS WOMEN NOVEMBER 2001



Fat to Fit in 30 Minutes YES, YOU CAN!

3 Moves To a New You START TODAY!

Healthy Take-out YOU SHOULD TRY

Annual Shoe Review WHAT'S BEST FOR YOU

BEEN A BAD GIRL?

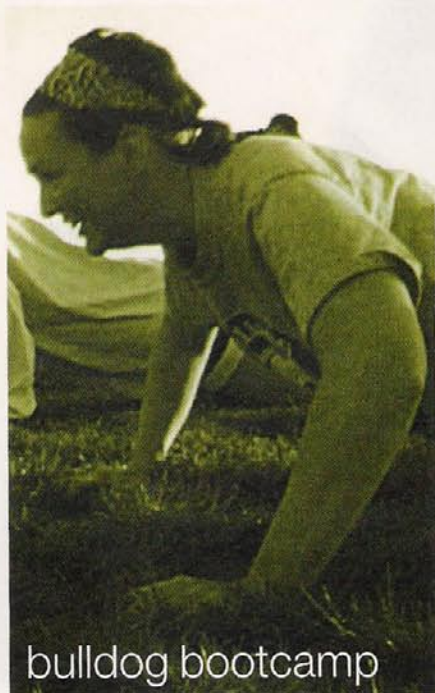
We're Shipping You to Boot Camp

FITNESS STAR - MIA FINNEGAN

NOVEMBER 2001 US \$3.99 CAN \$5.99



Display until 10/23/01 www.oxygenmag.com



bulldog bootcamp

WWW.BULLDOGBOOTCAMP.COM

Mission control: 1-866-WOOFWOOF

Base camp: Chicago, Ill.

Tour of duty: 5 days a week for 4 weeks

Cost: \$295

Drill sergeant: Greg Major (yes, that's his real name)

Who enlists: Those who are serious about getting in shape and want the drills laid out for them.

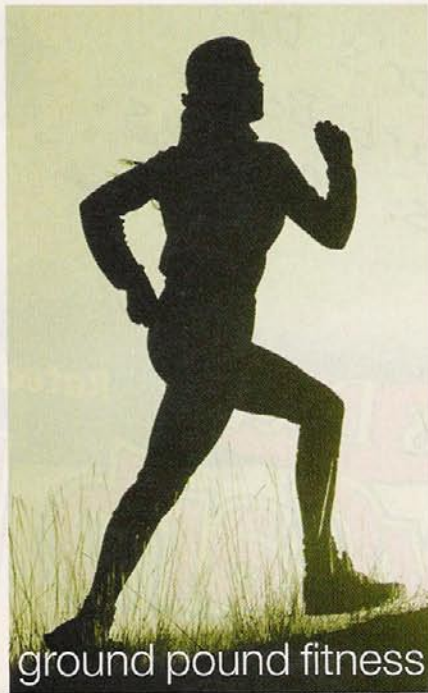
Drills: Standard exercises like pushups, situps and jogging are given a military twist. Each day promises a new obstacle.

Mission: Forget about the scales. Throw them out. You don't need a number to dictate how you look or feel – you need to challenge yourself.

Bootcamp briefings: Get ready to brave the elements and whip your booty into shape while screaming out the Bulldog cadence: "We don't need no neon lights, salad bars or spandex tights."

Message from the front line:

Jill Nelson/39 yrs/Technical Writer
"I felt like I needed a new goal and my 20th high school reunion was approaching, so I enrolled. I loved the camaraderie, the friendly competition and guided activities. I lost weight, gained muscle and just signed up for my first triathlon."



ground pound fitness

WWW.GROUNDPOUNDFITNESS.COM

Mission control: (312) 787-9114

Base camp: Chicago, Ill.

Tour of duty: 5 days a week for 4 weeks

Cost: \$325

Drill sergeant: Joe Caballero (served 4 years in the U.S. Marine Corps)

Who enlists: Women who don't flinch when they break a nail.

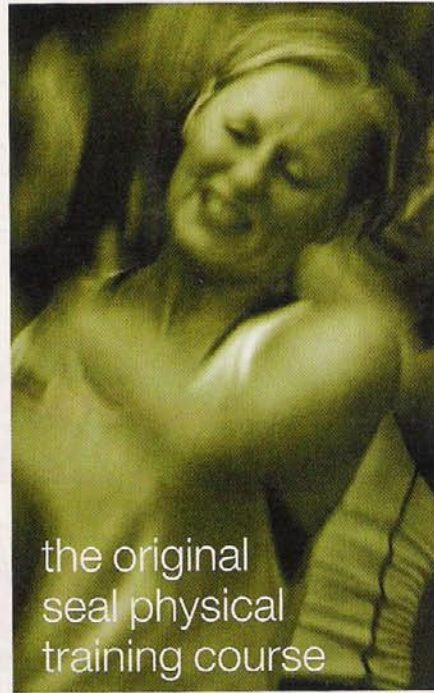
Drills: Standard pushups, situps, and a top secret obstacle course.

Mission: Jumpstart and maintain fitness levels, increase agility and endurance while strengthening body, mind and spirit. It's training with an edge.

Bootcamp briefings: Marines train for combat; Joe instills this urgency and intensity into his training sessions. The platoon is kept small and intimate (no more than 20 soldiers) in order to build camaraderie and stress teamwork.

Message from the front line:

Josie Arez/25 yrs/Hair Dresser
"I signed up last year with a friend because I thought it would be a good way to get back into working out after my child was born. The atmosphere was friendly – not pretentious – and Joe's a great motivator. I lost nine pounds the first month and totally toned up."



the original seal physical training course

WWW.SEALPTCOURSE.COM

Mission control: 1-800-SEALS-PT

Base camp: NYC and Houston, Tex.

Tour of duty: 5 days a week for 2 weeks

Cost: \$500 (N.Y.), \$300 (Tex.)

Drill sergeant: Jack Walston (former Navy Seal)

Who enlists: Participants drop like flies, so if you're not in it for the long haul, think twice before signing up with Walston.

Drills: Jumping jacks, squat jumps, squat thrusts, pushups, medicine ball drills.

Mission: The principles of discipline, motivation and team camaraderie are woven into a rigorous physical training course that promises to give as much as an individual is willing to take.

Bootcamp briefings: This camp isn't about theatrics or fun – it's about results. Walston ties military teamwork and integrity together, so that you leave truly changed.

Message from the front line:

Janet Raschke/41 yrs/Salesperson
"I'm 41 years old and in the best shape of my life. Running with the 'crazy' instructors took almost an hour off my marathon time. They push you so hard that you're forced to improve. And to top it off they're young and cute, with unbelievable bods. Jack is in the most incredible shape you've ever seen."