

Platoon Fitness

An Action News Special Report

June 12, 2006 - Military style workouts are becoming more and more popular in this area. But as meteorologist Adam Joseph found out the people signing up for them may surprise you.

Platoon Fitness is a workout craze sweeping the Delaware Valley. I decided to volunteer.

The name sounds military, the moves look military and that's the point.

Jerome Robinson/Platoon Fitness: "Physical fitness has gotten away from the basics, you have everything here, what we do is core functioned training using your own body weight and intensifying it by using gravity."

The group calls themselves "anti-health" club, because the entire workout is done outdoors, no matter what the weather is like.

Adam Joseph/Action News Meteorologist: "You do it in the heat, humidity, snow, rain."

"Absolutely, we are out here more than the mail man."

Nate McIntyre/Platoon Fitness: "It can be anywhere, outside at the museum, up the main line, we could be at the park, we could be in the woods, we can be anywhere."

Nate McIntyre and Jerome Robinson are both former arena football players. Now they run the center city franchise of Platoon Fitness.

Diane Batties/Fishtown: "Most personal trainers when you go to the gym don't push you, with this they push me, I'm sweaty, I love it."

One of the biggest surprises was the number of women in the class. Robinson says in his experience women seem to be more health conscious and make it a point to work out.

"80% of our clientele are female and it has to do with making it a priority."

At first I held my own, running laps, then the squats, squats and more squats. Then the ground work and endless amount of steps.

"Tough but good at 6 am you do your best."

That's right, it is military tough.

Lindsay Burger/Manayunk: "I get mad at him, but then I realize that's why I'm stronger because if I stopped at just two repetitions I would never be as strong as I am now."

Participants say a huge motivator is accountability.

"The instructor and you build a comraderie with everyone so they motivate you. If you're not here they are like where were you last week."

This first timer says she's definitely coming back.

Sasha Wasilov/First Timer: "It was more fun than I thought it was going to be."

The classes are for all ages and fitness levels. They run \$80 a month with a one time \$100 admission fee.

To learn more about Platoon Fitness click [here](#).

(Copyright 2006 by Action News. All Rights Reserved.)