

# best **body**

## Train Like A **Warrior**

With the return of cooler weather comes race season, and with it, one of the region's favourite ways to challenge ourselves: the obstacle course race. We turned to the main man behind the training programme for one of the UAE's most popular, the Desert Warrior Challenge, to get you started...

*By Yi-Hwa Hanna*

From an early age, Philip Beattie has always been fanatical about excelling at sports. "I have an inspirational father who was a boxing lightweight champion for the British Military and a champion cross-country runner," he says. "He always encouraged me to be involved in sport and fitness, and he acted as my coach and mentor. I went on to represent my county in both football and running, where I held a number of unbeaten records for a number of years. To build my strength, I also competed in natural bodybuilding competitions from the age of 16. I then spent over 20 years serving with the UK Royal Navy's elite fighting force, the Elite Royal Marine Commandos, where I trained Civilians to be Marines, and Marines to be the best they could be, leading raw recruits through 30 weeks of extreme personal and physical development, preparing them for entry into the demanding role," Philip says.


A successful competitor in a number of sports, Philip also represented the Royal Marines in football, cross country and track running, holding a three year unbeaten record for the fastest 3 mile run. He then spent a number of years as a fully qualified adventure training instructor, and also qualified as an instructor in swimming, canoeing,

rock-climbing and mountain leader. Outside of the Military, he competed to the highest standard at Ultra Fit competitions.

After moving to the UAE in 2007, Philip trained the UAE military in both their physical and adventure training. Since then, he has also designed and launched the Warehouse Commando Training programme, the official training regime for the Desert Warrior Challenge held annually at The Warehouse Gym, focused on building both your physical and mental strength and ability.

“Warehouse Commando Training is a rolling six week training programme that progressively increases in intensity as the candidates’ fitness levels increase. It’s unique in that it replicates some of the training which is amongst the toughest of any Elite Force. It combines a number of effective training protocols including high intensity, endurance, strength, weights and cardio. All of this is done in a group environment where I always ensure that I promote group camaraderie, fun and individual attention and motivation. The results speak for themselves, with some amazing client transformations and testimonials. Physically they burn fat, lose weight, increase endurance, build lean muscle and increase their physical strength. However, just as importantly, the training also develops mental benefits including more courage, motivation, determination and mental strength,” Philip says.

He continues: “Each week the challenges get harder, in order to constantly push your body and improve strength and endurance. It’s perfect for anybody wanting to push themselves to that next level of fitness or to prepare for that next big challenge that lies ahead. The exercise program hosts a clear articulated





**THE WORKOUT**  
Each exercise should be done three times. For the number of reps, see the level guide below.



**Start with a 400 metre run**  
**Exercise 1:** Press-Ups  
**Exercise 2:** Sit-Ups  
**Exercise 3:** Burpees  
**Complete a mid-circuit 400 metre run**  
**Exercise 4:** Squat & Walkout Press-Up  
**Exercise 5:** Crunches (Alt Legs)  
**Exercise 6:** Bear Crawl out to two metres and reverse back  
**End with a final 400 metre run**

**Level Guide:**  
 Starting = 10 Reps X 3  
 Intermediate = 20 Reps X 3  
 Advanced = 25-30 Reps X 3

**1. Press-Ups**

**2. Sit-Ups**

explanation on form, technique, pace and muscle workings. There are a total of 24 unique sessions in the gym as well as outdoor events.”

His ethos clearly works: now having reached the age of 50, Philip believes that age is just a number and personally strives to produce consistently excellent results in anyone he trains. “I can honestly say that I’m in just as great a physical condition now as I was in my thirties. I believe in the

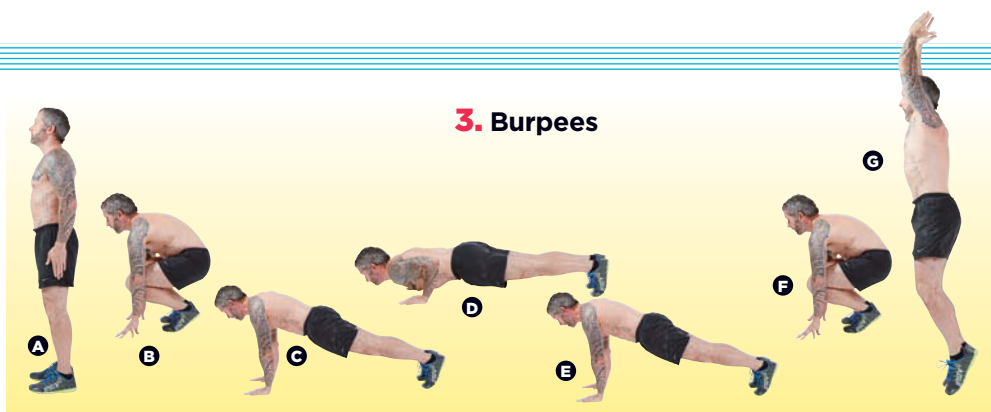
importance of a healthy mind, body and attitude, and together with a warm and friendly personality, I look to be an inspiring role model to all around me,” he adds.

And his clients’ results do indeed speak for themselves: “Signing up to a 6-week military-style training programme for the Desert Warrior Challenge was quite daunting, especially since it had been years since I’d done any sort of cardiovascular exercise,” says Tom

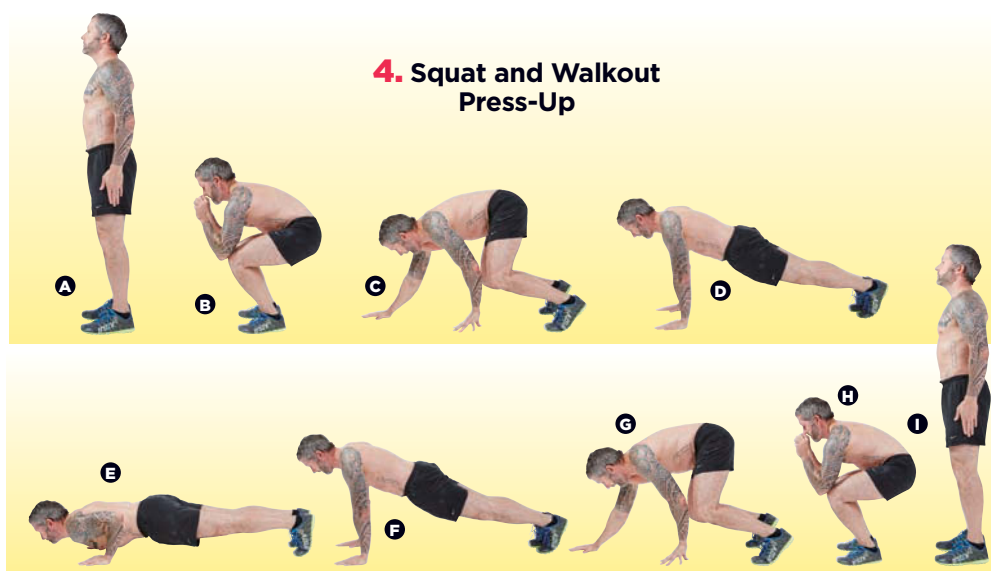
Nuttall, a member of The Warehouse Gym. “Being ex-military, Phil definitely had the classes planned out well—not once over the six weeks did I ever feel it wasn’t enough or I had plateaued. Every single workout progressively got harder and harder; he knew how to push my fitness levels to the limit, a limit that they have never been to before! The results were proven... [I completed] the Desert Warrior Challenge in a respectable 54



### 3. Burpees



### 4. Squat and Walkout Press-Up



### 5. Crunches (Alt Legs)



### 6. Bear Crawl



minutes and came first place in my heat of 100 competitors! I feel great, my physique feels like it's ready for anything and my condition is better than it's ever been before," Tom says.

With a busy lifestyle, sometimes it can be hard to get to the gym—even when you're training for a gruelling obstacle course. Which is why we turned to Philip to ask what you could do if you're pressed for time and can't squeeze in a more intensive workout. Here, you'll

find an exclusive workout that's ideal for building up your basic strength and endurance for not just an obstacle course but for life itself, with moves that are designed to make your body stronger, fitter and more functional for the years to come. While a programme like this isn't enough to get you ready for your best-ever results on a gruelling obstacle course on its own—Philip recommends taking the official Warehouse Commando

Training programme courses and classes whenever possible, which incorporates the use of various equipment in addition to body weight and other intensive training to prepare you for anything from a wall and rope climb to a half-pipe scramble, tyre drag and even the monkey bars—when you just can't get to a class, this is the next best thing. Consider this your stepping stone to building a warrior's body. ■

#### WANT IN?

### Go Commando

Loved your taste of our exclusive workout and want to try the "real deal"? If you've signed up for the DWC, you can take the official class for free every Friday at The Warehouse Gym. Alternatively, anyone can sign up for the full course. "I really can't recommend it enough—it challenges you both mentally and physically to be the best you can be. You are guaranteed to be pushed to your limits whilst being supported every step of the way. I have become much fitter and leaner, with a level of endurance I have never had before. I've [also] met a great bunch of people along the way. If you're looking to take your fitness to the next level with beach workouts, rope climbs and burpees thrown in for good measure, then this is where you need to be," says The Warehouse Gym member Emma Holt. The course, which is a rolling 8 week training programme, is available in courses of varying lengths and progressively increases in intensity as your fitness levels increase. It's unique in that it replicates some of the training that is amongst the toughest of any Elite Force. It combines a number of effective training protocols including high intensity, endurance, strength, weights and cardio. All of this is held in a group environment where the trainer always ensures group camaraderie, fun and individual attention and motivation. Classes run at the Warehouse Gym every Sunday and Tuesday and Thursday at 7am and 7pm and every Friday morning at 8am. Visit WHGym.ae for more details.