



# Drill Sergeant

This boot camp trainer makes fitness fun

By Duffy Kelly

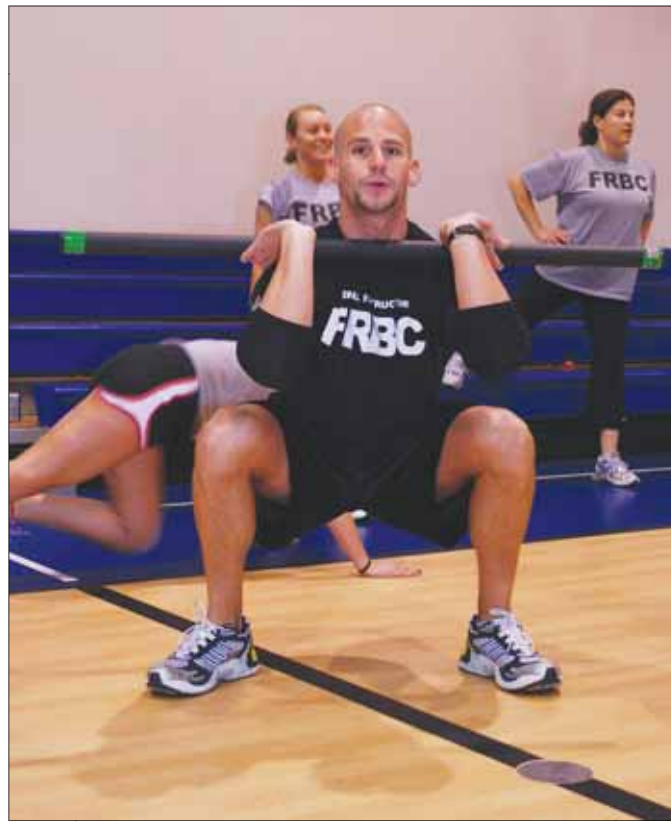
**G**runt, groan, heave and huff, push, press and pedal alongside East Sacramento resident Adam Attia and quite possibly you'll have the most fun you never wanted to have.

At least that's what this fitness guru and boot camp sergeant promises when you enlist in his high-powered, results-oriented fitness program. As a boot camp specialist and walking workout machine, this personal trainer has what it takes to get you fit without putting you over the edge. The secret to his success? A contagious can-do attitude.

"Don't let what you can't do get in the way of what you can do," he says. "My motto is, 'Can't is just not an option.'"

Attia, a 28-year-old UC Davis graduate, got his start in fitness as a cabana boy serving drinks poolside at Arden Hills Resort Club & Spa. In no time, however, he went from the bar to the barbells and studied up on physiology, nutrition, weight training and fitness, earning one of the top spots as the club's fitness director. He runs his signature six-week boot camps at the club as well as at his own Fitness Rangers Bootcamp, which he runs at Sacred Heart Parish School in East Sacramento and St. Michael's school in Carmichael. It's here that Attia shines, winding the workout clock back to grade-school P.E. class while throwing in a few new twists on the old-school menu.

"I use the old-school ideas of body weight calisthenics," he says. "Get back to what you did in the fourth



Fitness instructor Adam Attia flexes his muscles during a recent class

grade: jumping jacks, jumping rope, crawling like a bear, body weight movements, running, jumping, twisting, turning—pretty much playing and having fun. It's an intense workout atmosphere, but we keep it moving with high knees, push-ups, lunges, squats, partner exercises, all while we build teamwork."

Attia believes in getting off the cardio machines and out of your

comfort zone in order to give your body a "fitness shock."

"I have never seen results like this with what we're accomplishing," he says. "Getting in shape has always been, 'Go do your cardio, then go do your strength training.' But I intertwine the aerobics and the strength training, and the results are unparalleled. I think we are shocking the system. The body is so used to the same regimen or routine that when

you throw the two together, the body says, 'Whoa! What in the world is going on?' Once the body is in shock, it tends to respond."

---

Don't let the tough-guy, shock-the-system attitude fool you. Attia is all about teamwork, which he peppers with a healthy dose of pep talk.

---

Throwing your weight around seems to help fitness seekers lose weight, Attia says. Consequently, he often asks enlistees to use their own body weight rather than weight machines. "This helps develop tremendous core strength," he explains. "We put these exercises into an intense circuit-training format. I've found that two hours a week of circuit training is more effective than five hours a week of sustained cardio."

Don't let the tough-guy, shock-the-system attitude fool you. Attia is all about teamwork, which he peppers with a healthy dose of pep talk.

"Nobody wants to hear about what muscle group they are working. They just want to work hard, lose weight, get in shape and have fun doing it. Teamwork is an important motivating factor for all that to take place.