

THE MEN'S BOOK | On Your Mark

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MODERN LUXURY
MEN'S BOOK
CHICAGO



Feed The Beast

The title alone--Beastmode—suggests a killer workout, It lives up to its name, leaving participants soaked in sweat after running, biking, and pushing through a high-threshold segment of plyometrics, explosive moves and active recovery. “It’s supertough,” says Emily Hutchins, co-owner of On Your Mark Coaching + Training. “It’s basically a combination of endurance training and high-intensity training.” Here’s a workout that challenges muscle and mind while torching calories and upping athletic performance. “It’s kind of all over the place,” she says, noting that you’ll feel those burpees, tuck jumps and plank hold as you recover. “There are so many different qualities about it that make it fun, as well as functional and sort of intense.” *Drop-in rate \$25, 1101 W. Monroe St., Ste. A, 312.733.9330; 1753 N. Damen Ave., 773.292.9330, oymtraining.com*