

# The Summit Extreme Challenge



By Charles Peebles & Susan McInerney

***Both Susan and I approached this Challenge with some reservations. I told Jami, "They'll see I'm an Iron-head, and counter that by humbling me with some cardio marathon from hell." Susan, being a fitness instructor and personal trainer, thought she was in decent shape so was confident yet cautious as well.***

We were greeted by Amy, a taut, collegiate-looking trainer at Summit Fitness in Eagle. As Amy gave us the tour she explained that the Challenge was going to involve core and balance training. To our relief, we felt confident since this was a part of how each of us trained at some level. The Challenge began with an updated version of the Bongo Board, that little wooden gadget which had taunted my pre-teen klutziness. This one wasn't wood, and certainly not little, which made it slightly easier to use. Of course any complacency was short-lived, because Amy performed sets of squats on it, facing different directions, then had us follow suit. She made it look effortless and easy. Amy was gracious enough to locate us to an area with rails to hold on to get comfortable. Wow...talk about "extreme". It took every muscle that we had to balance-WHILE STILL HOLDING ON.

Even though we gave it our all, we were humbled and it reminded us of the new students and clients, hoping they come away with a new respect for the many ways to rejuvenate your muscles. While it appeared that we weren't being that "physical," (since you're trying to keep relatively stationary) we were surprised how many muscles were getting into the act just to keep us from careening across the floor. As if

to provide an encore, a buddy of Amy's performed a set of squats on the board with 135 lbs. I was game to try that, since those of us who enjoy squatting find balance far easier with a weighted bar across the shoulders than without one, but they wouldn't allow it. Probably just as well, that would be a tough one to explain to the insurance people. Amy also demonstrated squats while standing on a Swiss ball, an even more impressive feat since most of us can barely stay atop a Swiss ball while kneeling.

Lastly, she demonstrated pushups with her feet on a Swiss ball and hands on medicine balls. Much harder than it looks, because they all seemed determined to take off in different directions! The morals of the story are, you should never stop being a new victim! Your body craves and needs new experiences. Humbling lessons yes, but enjoyable. Amy's cheerful patience and the bright open ambiance of Summit contributed in no small way. And I am gonna get myself one of those jazzy Bongo Boards!

Contact Summit Fitness at 610-458-8900, or stop by and check them out at 11 Senn Dr., Chester Springs, PA. You won't regret it!