



30 ESCAPE TO THE COUNTRY

Burn, Saturdays at 9.30am
with Tom and Andrew

Farm Fitness is no ordinary bootcamp. In the bucolic Essex countryside, Tom Kemp has transformed his family farm into a lifter's paradise. Over an hour-long session, you'll work in small teams to push each other through a fun, efficient full-body workout – think pressing logs overhead, flipping tyres and deadlifting quad bikes. There are free weights, too, but who needs those?

Farm Fitness, Essex, farmfitness.co.uk

31 OLYMPIC SUCCESS

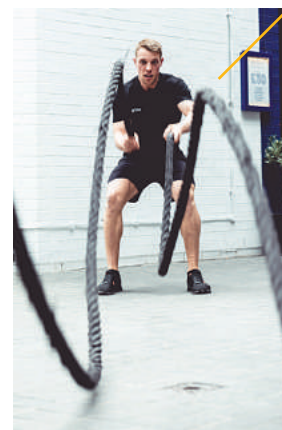
Olympic Lifting, Saturdays at 9am with Chris and Adam

■ If you want to iron out chinks in your barbell game, stop in at ISC. Classes focus solely on Olympic lifts: the snatch and the clean and jerk. We'll see you on the platform. *Ipswich Strength & Conditioning, Suffolk, iscgym.co.uk*

32 ROWING STRONGER

Grow Signature, Wednesdays at 7am with Ben

■ The WaterRowers at Grow are both therapeutic (due to the sound of real water) and devilish (well... it's still a rower). Between sprints, you'll score boatloads of muscle definition with resistance moves. Unique and effective. *Grow, London, growfitness.co.uk*



33 FLIP YOUR TRAINING

Freestyle Gymnastics, Thursdays at 8.30pm with various coaches

■ It's hard not to feel inspired at the home of Team GB's most successful gymnast ever, Max Whitlock. Here, you're given free rein to use the elite-level facilities, whether you're attempting your first ring muscle-up or somersaulting your way to Tokyo 2020. *South Essex Gymnastics Club, Basildon, southessexgym.co.uk*