



## Less Mud, More Sweat: Tough Mudder is Bringing their Bootcamp-Inspired Gyms to Denver

Jordan Price 02/01/2019



Ten years ago, the idea of physical challenges taking place in mud, icy water, and through barbed wire would have, to most, sounded like actual torture. And now here we are in 2019, where millions of athletes [around the world](#) are voluntarily signing up to get filthy, sweaty, and potentially shocked in the name of Tough Mudder.

For many, these races have become a way of life, and the people who created them have recently launched a style of functional fitness workouts styled [Tough Mudder Bootcamp](#). These studios are starting to crop up around the US, and Colorado is officially on the map — Denver's studio is slated to open late-March, while a Parker affiliate has just put pen to paper and signed on.

### WAIT, WILL THERE BE MUD?

If you've ever checked out your buddy's Instagram post Tough Mudder and immediately wondered what kind of heavy-duty shampoo is necessary to scrub mud out of your hair, these gyms might be for you.

The workouts don't involve any messy obstacles — instead, they're built around functional fitness and involve exercises utilizing battle ropes, kettlebells, rowing machines, and more to improve power, strength, endurance, and agility. For 45 minutes, you'll be sweating so hard, you still might want to look into that heavy-duty shampoo.

## **PUTTING THE TOUGH IN TOUGH MUDDER BOOTCAMP**

There are six class types, each focusing on a different aspect of training. Lower, Upper, and Core are pretty self-explanatory, but Force, Drive, and Grit are full-body exercises, all working around different timed intervals to work you head-to-toe for the entire class. Each class is supported by heart rate monitors and the Tough Mudder tech platform so that coaches can provide custom feedback for every athlete.

Whether you're a fan of the Tough Mudder races or are just looking for a good sweat session, the coaches can work with you to get the results you're looking for. You don't even have to be planning to run a race; the team-oriented workouts are perfectly scalable and all-inclusive. And, with memberships ranging from \$55–160/month, plus \$20 drop-in classes, these workouts (compared to other boutique studios in the area) won't leave your wallet aching (though we can't say the same for your glutes).

Expect a grand opening celebration of the TMB's 3805 East Colfax location late this March—potentially with some free classes—and you can follow along with progress on [their Facebook page](#). That gives you plenty of time to train for Grit class.