POUND Rockout Workout: Burn Calories and Get Toned While Feeling Like a Rock Star

SEPTEMBER 5, 2012  2 COMMENTS

About the Author: Josie Rubio is a senior editor at VIVmag.

My dreams of rock stardom were tempered at 17, when my bass guitar teacher asked me, in all seriousness, if I was tone deaf. Also, I have no rhythm, which is definitely a problem when you aspire to be part of a rhythm section.

But I swept aside my trepidation (not to mention the shards of my broken dreams) and took my first POUND class at a Crunch location in Manhattan. The upside: I’d feel like a rock star while getting a full-body workout. The POUND Rockout Workout uses lightweight drumsticks called Ripstix, a rhythm-heavy soundtrack and energetic instructors for a cardiovascular workout with full-body toning.

Founders Kirsten Potenza and Cristina Peerenboom were at a birthday party for Matt Sorum (of Velvet Revolver, The Cult and Guns N’ Roses fame), when they came up with the idea. During the party, the two L.A.-based drummers found themselves playing at a kit without a stool and realized drumming could be incorporated into a workout.

Since POUND’s debut at Crunch in West Hollywood, CA, in March 2011, the workout has spread to Crunch locations in New York City and San Francisco, where you can find 45- or 30-minute classes. In the L.A. area, Potenza and Peerenboom offer 60-minute sessions.

After arriving at the Lafayette St. Crunch, I grabbed a mat and a pair of brightly colored Ripstix. Beware: Someone who had previously taken a POUND class told me that she hit herself in the head with the sticks. I’m apparently somewhat of a timid drummer, so it wasn’t a problem for me. Instructor Zuta Gilchrist led the 45-minute class first through some moderately paced songs to get us in the groove before building up to faster beats and more complex moves. Tracks you might “play along” with include Lana del Rey’s ‘Blue Jeans,’ Ellie Goulding’s ‘Lights’ and Linkin Park’s ‘Faint.’

As we warmed up with the first songs, the class got the hang of squatting and drumming on the mat to Gilchrist’s lead, as we activated our leg muscles and abs. Then lunges and squats were incorporated, as we drummed on the floor to the side, while the motion kept the cardio up. The class also incorporated core work, as we sat on our mats with our legs in front of us and were directed to drum at our sides, then with our legs elevated and leaning back, to activate our abs and obliques.

The music and routines make the time fly by, and I think POUND is a fun way to burn calories and get toned. If you have rhythm, that’s a plus, but even if you’re a little clumsy and uncoordinated (like me) the class is fairly easy to follow. Though I didn’t look like Sheila E. — or even The Muppets’ Animal — I’d happily take POUND again. To find a class near you, use the class locator (though a Crunch spokeswoman notes that Miami Crunch locations are no longer offering POUND classes.)

Do you think music makes workouts pass by faster?

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Darlene says:
February 9, 2013 at 3:01 pm
I really want to do poundstix... But I cannot find anywhere to purchase the sticks or the DVD of the poundrockout workout. I cannot get to a gym... Please can you help me find the workout to purchase... I am so excited to do this. Because I believe this will help me achieve my goal to getting in better shape... I really hope you can help me...

Reply

josie says:
February 13, 2013 at 1:44 pm
Yes, creators of Pound offer Ripstix you can buy online, as well as streaming classes for those who would like to do the workout at home! Here is a link to the "Backstage Pass" program: http://www.poundfit.com/backstage-pass

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