

STRENGTHBOX

TAP INTO YOUR PRIMAL STRENGTH, GAINING POWER WITH THE *MOVNAT* METHOD

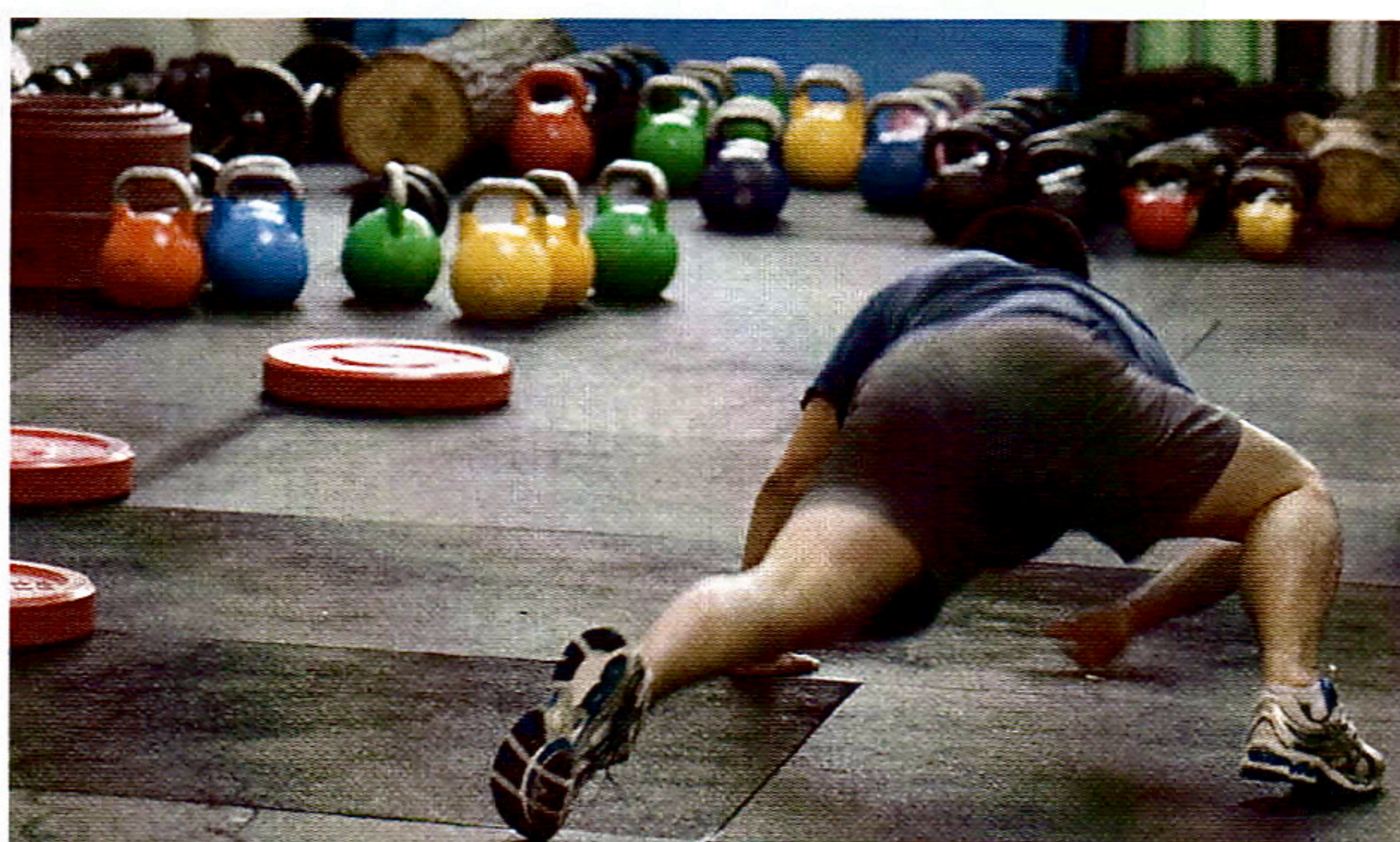
BY ASHLEA HARLINGTON PHOTOS BY ERWIN LEE & GREG CARVER

At first glance, StrengthBox might look like a CrossFit facility, but the adult jungle gym, large logs and attachments to the ceiling tell you something is very different here. Greg Carver, owner and pioneer of the idea for StrengthBox, was inspired by the unique concepts of *MovNat*, a coaching system founded by Erwan LeCorre; he opened the facility in the winter of 2010.

MovNat training replicates the activity patterns of our hunter-gatherer ancestors, and thus far, this Toronto gym is the only one in Canada that offers this training program. In small group or private sessions, Carver and colleagues re-teach the natural or primal movements that he says have been forgotten in the age of computers, cars and couches. His philosophy is that, “*Fitness should be useful, so exercise needs to translate into real-life activities – activities that might even save your life.*”

In a 60 minute session a client might use kettlebells, barbells and plates to perform lifts, squats and presses, but also complete activities as diverse and primitive as running, rope climbing, walking on all fours, carrying, balancing, throwing, catching, defending, or trying to find your way over a over seven foot bar!

MovNat skills are as instinctive as children jumping from one rock to another, climbing trees, or playing tag. “*They may be*



playing games and pretending, but this is actually a smart strategy,” says Carver. They are practicing physical skills necessary for a healthy life; something that we tend to ignore as adults. Carver adds, “*making exercise playful when we’re older is fun and a lot more motivating than enduring the typical gym routine.*”

In contrast to a traditional gym or CrossFit facility, the focus at StrengthBox is on movement quality and the natural outcome is improved strength and

conditioning. A pull-up type exercise won’t always be done on the same 1” pull-up bar. The challenge might be to get over a much thicker and slippery bar. Instead of a repetitive box jumps on a 24” high box, at StrengthBox the distance you stand from the platform might change and your challenge would be to land fluidly to absorb the shock.

Make no mistake; while movements are meant to be graceful and primal, in a non-

competitive environment, Carver reassures that the training is still intense. Intensity mixed with fun is the appeal for traditional gym-goers visit StrengthBox and train five days a week! If you are in the Toronto area, check out the website at www.strengthbox.ca, or alternatively visit www.movnat.com for international workshop training options.

If you’re interested in having your gym featured please contact:
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