

# IN SEARCH OF PERPETUAL IMPROVEMENT

If you want to train with the elite and pit strength and endurance against UK fitness royalty, **CrossFit Perpetua** is where business gets done

## THE BEST GYMS IN THE WORLD

In case you weren't watching, CrossFit has grown up. In July, the 2015 CrossFit games were streamed live by ESPN, with hundreds of thousands of people cheering on the muscled athletes, all bathed in the Californian sun.

Back in the UK, though, most CrossFit gyms are of the spit'n'sawdust variety – concrete blocks from the outside with interiors that might kindly be described 'industrial chic' at best. Here the professionals of Carson seem a very long way away.

Hidden beneath railway arches off Chelsea Bridge, CrossFit Perpetua is closing that gap. The elite facility's founder, Michael Price, believes "life begins at the end of your comfort zone" and his team tutors everyone from first-timers to 2016 games hopefuls on how to get themselves there safely but surely.

That you can shower, put on a suit, then grab a coffee and a fresh protein smoothie on the way out the door makes the journey a lot more comfortable, mind. Even when it starts at 6am...



### CLEAN & JERK

This Olympic lift is one of the CrossFit community's toughest technical tests. Pull the bar from the floor up to shoulder-height, then press it over your head.



### 13

The number of times CrossFit Perpetua team member Lee Philips has appeared on international *MH* covers, when not busy being a fireman (or deadlifting).



### 6000 SQ FT

Pairing this amount of workout space with 15ft ceilings means you won't worry about getting the weights up, while wall-to-wall rubber flooring lets you drop them if you need to. Which you might.



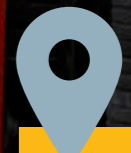
### 15.3

This year's third CrossFit Open workout – known as 15.3 – called for rounds of seven muscle-ups, 50 med ball throws and 100 double unders. Muscle-ups broke the most people.



### 2 M/S

The velocity of the barbell during the most explosive phase of the snatch: pulling it from the floor and getting it high enough to catch overhead before standing back up.



**GYM**  
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