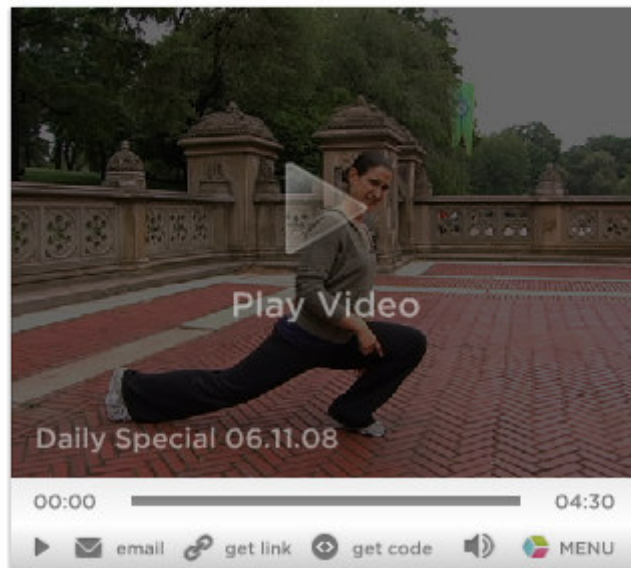


# ELASTICWAIST

a growing obsession with the weight of it all

THE DAILY SPECIAL 06.11.2008 BY ELASTIC WAIST

## stacy's bootcamp gives us a back-to-basics workout



Stacy Berman gives us a glimpse of what it's like to participate in [Stacy's Bootcamp](#), a back-to-basics, get-out-and-smell-the-fresh-air approach to working out, and shows us what we can do to replicate the experience on our own.

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### about us

We believe happiness is healthy living, the occasional bacon binge and accepting the size of your ass. [more>>](#)

