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## **Endurance Factory Opens in Savage Maryland**

*Obstacle Race and Ninja Warrior Training Facility Led by Two-Time World Championship OCR Competitor*

**Baltimore, MD (December 21, 2017)** - [The Endurance Factory](#), a Spartan SGX Certified group fitness, obstacle race and ninja warrior training facility, today announces it is officially open for business, with a public grand opening event to be held on January 6, 2018. The facility, located at 8725 Bollman Place in Savage Maryland, specializes in building strength, endurance and mental fortitude for a variety of athletic levels, from obstacle course race (OCR) competitors to those looking to get into shape. Its mission: to get people off their couches and guide them towards lives of physical and mental achievement, improving how they feel every single day—from the race course to the soccer field, the trail, the yoga studio, to home and work.

Grounded in functional bodyweight exercise, [Spartan SGX](#), Spartan Race's official training program that the Endurance Factory follows, focuses on improving agility, athleticism, and power with progressive workouts that vary in exercise volume, intensity, and specificity over time. With annual OCR participation surpassing that of traditional and full marathons combined (Running USA's 2015 data), there is a growing need for this type of training facility—a true departure from traditional gyms.

"We're excited to give the community the opportunity to train to conquer an obstacle race or simply get in the best shape of their lives," said Ken Peluso, owner of Endurance Factory and two-time OCR World Championship competitor. "Through group workouts or one-on-one coaching, we focus on building nutrition, strength, and endurance to safely train athletes of all levels—ultimately helping them to become strong enough to get to the starting line and experience the race of their lives."

From warped walls to function fitness, agility training, ropes and a custom-built Platinum Rig (an obstacle even experienced racers fear the most), obstacle training and strength training, the Endurance Factory offers a variety of technical training ranging from beginners to the most advanced athletes. For a truer to life obstacle experience, the facility will offer Obstacle Workshops held every couple months and open to the public where attendees will learn to conquer the basic obstacles in races such as monkey bars and rope climbs. In addition to Workshops, the facility will offer boot camp style classes consisting of strength and endurance training and obstacle work, focused on core and grip strength as well as building stamina and endurance. Lastly, an Intro to OCR class is offered for people who are new to obstacle racing.

"It's easy to find a trainer to lead you through a workout. However, a coach like Ken Peluso will push you past your limits both physically and mentally to conquer your goals. He will tap into your inner athlete and competitor—a feat some people have never been lucky enough to experience," said Miranda, an Endurance Factory Athlete.



Another area of focus for the Endurance Factory is the prevention of sports injuries. “There’s nothing fun about pushing yourself to achieve a goal and experiencing an injury,” said Peluso, who also specializes in sports injuries. “Typically the OCR injuries you hear about are the racers who are unfit and unprepared. We follow the Spartan SGX program—focusing first on function and fundamental movement to restore balance, mobility, coordination, and stability. From there we can coach athletes to get back to the race.”

For more information about the Endurance Factory and classes, visit <https://ocrendurancefactory.com/>.

### **About Endurance Factory**

The Endurance Factory is a Spartan SGX Certified group fitness and obstacle race and ninja warrior training facility located in Savage, Maryland. Led by Ken Peluso, a two-time world championship OCR competitor, the training program is a scientifically-supported solution to get anyone physically and mentally prepared for a Spartan Race, or to live more vitally. For more information, visit <https://ocrendurancefactory.com/>.

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