

I Worked Out With The Bachelorette's Shawn Booth and Earned My Fitness Rose

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Workouts

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Do you believe in love at first sight? Like the moment you set eyes on someone, you know they're the one? That's how it was for me and Shawn Booth. When I first saw Shawn—on ABC's [The Bachelorette](#) season 11, natch—that was it. He was tall, fit, a personal trainer (talk about a match made in heaven for a health and fitness writer) and super handsome. I try to forget about one thing: that he was on the show very specifically to date The Bachelorette herself, aka Kaitlyn Bristowe. He won, they're engaged, whatever. Details.

So when I heard about the opportunity to work out with Shawn and his fellow fitness trainer pal [Erin Oprea](#) (who just happens to be [Carrie Underwood's trainer](#)) for their new initiative, [CITYSTRONG](#), I jumped at the opportunity—this was my chance, people! The idea for CITYSTRONG came together this past year, when Shawn and Erin decided to team up and take their passion for fitness to cities across the country, hosting large group workouts and showing people that exercise can be fun. Plus, a portion of the proceeds from the events goes to [CreatiVets](#), an organization that helps veterans suffering from PTSD connect with musicians and find some solace through music. (Erin is a veteran herself, so this charity is close to her heart). A fun group workout that gives back to a good cause? I'm in! And, well, did I mention Shawn Booth would be there?

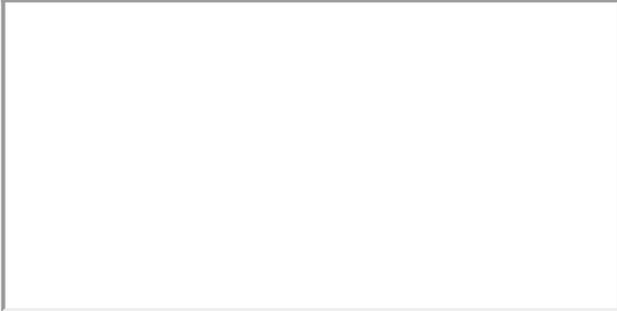
Apparently, I'm not the only one crushing on Shawn. When I got to the Brooklyn Expo Center where the workout was held, there were more than 400 ladies (and at least one man that I saw!) that came to sweat with him and Erin. As a bonus, Kaitlyn was *also* at the event, playing DJ to her fiancé and hyping up the crowd.



As soon as the workout began, it was clear to me that Shawn really knows his stuff—between the push-ups, jumping lunges and jumping sumo squats, my muscles were burning. Shawn told me that his stint on *The Bachelorette* has boosted the popularity of his training business so much that he's now a little stricter with potential clients. He has to sort through and find people who are actually coming to him to train and get healthy, versus those who just want to be around him for the fame. (Uh, what about those of us who fall into both categories?! *Quietly raises hand.*) Still, he's able to keep his passion for fitness alive while traveling and doing so many post-*Bachelorette* appearances. "I do something [active] everyday—I mean my whole life is focused around fitness right now," he told me. "I'm always looking for new things to do. I love trying out new exercises and new routines, and trying new classes." The next thing on his agenda? An Ironman. "I'm doing two workouts a day and my mind is always spinning thinking about what to do next and also what to do outside of my workouts," he says. (So *that's* how he got that body.) "The 23 hours a day that you're not working out is just as—if not more—important when it comes to fueling your body and getting the nutrients you need." Amen!

Shawn's passion for fitness is clearly rubbing off on Kaitlyn, too: She checked Shawn's form from time to time which was entertaining for the crowd (as she reminded us, she's neither a trainer *nor* a professional DJ). And towards the end of workout, she trotted out from behind her DJ booth and did a few squats with her man. (Of course, being a member of Bachelor Nation, she did them with a glass of wine in hand. Props, girl.) She also rapped for the crowd, and if you're wondering, yes, she does know all the words to "Shoop" by Salt-n-Pepa, which was amazing. Honestly, everyone who did the workout seemed to have a great time. As for me? While I didn't leave with Shawn's heart, I was sore the next day—so I'll take it.

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To find out if CITYSTRONG is coming to your city so you too can workout with Shawn and Erin, check out their website at citystrong.com.

Amy Schlinger is a freelance health and fitness writer based in New York City who loves the Bachelor and Bachelorette series, in search of a Shawn Booth she can call her own. Follow her journey on [Twitter](#) and [Instagram](#).