

MEET OUR COVER STAR

“Fitness is my life!”

A-list PT and *WF* cover model Jenny Pacey tells us what it's like to work as the lead trainer on a Hollywood blockbuster movie

Tell us about your fitness history. Have you always been sporty?

‘I loved sport so much as a child my parents had to take me to different training sessions every day of the week. After competing internationally as a pentathlete and representing Great Britain at Olympic level in the bobsleigh, I went on to model for brands including Asics, Adidas and Nike, and appeared as the TV *Gladiator* ‘Enigma’ before playing an Amazon warrior in both the first and second *Wonder Woman* movies. I’m also a sports scientist, motivational speaker and co-founder of the personal training company, Pace & Go (paceandgo.co.uk), so you could say that fitness is my life!’

What does it feel like to be made into an Amazon warrior?

‘It’s the best feeling in the world

– especially for a woman who loves to train, like me! For the first *Wonder Woman* film, I went through months of auditions against hundreds of women before embarking on a gruelling six-month fitness and fight-training regime to get in shape for filming fight scenes on location in Italy. But for the sequel, *Wonder Woman 1984*, director Patty Jenkins asked me to be the lead trainer on the film to get the army of Amazon warriors in peak physical condition for filming. It was a dream come true, but the cherry on the cake was when she asked me to appear on screen again as an Amazon warrior a few weeks into training.’

Why do you think Patty chose you to be the lead trainer on the second *Wonder Woman* film?

‘The movie is all about female empowerment, so Patty thought it



would be amazing to have a strong woman heading up the training to inspire and lead the Amazons into becoming lean, aspirational, powerful athletes. We wanted them to look authentic while competing in the Amazon Games during the opening scenes of the film, so I think I was also chosen for my international athletics background, which meant I could incorporate track and field training into their regimes.’

What was the focus of the Amazons’ training plans?

‘The Amazon Games required an incredibly high physical demand from the army as they had to be able to traverse bars, sprint, climb ropes, leap off a log bridge, swim in open water and horse ride. I visited the stunt department before designing the Amazons’ training programmes to get an understanding of exactly what was required of them during filming, and then tailored the training around the activities the Amazons would be doing so they were fit for purpose. In the first week of training, I wrote on a board on the gym, “We will inspire the world with our beauty and determination, and sprint like



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Olympians, with the grace of dancers and the agility of gymnasts". It was all about creating a combination of aesthetics as well as performance.'

What kind of women made up the Amazon warriors?

'I trained 20 women online who were background warriors, and I also worked with another 20 women in the studio who were the main Amazons. Of the latter, I had an Olympic athlete, a Victoria's Secret model, a mum in her 40s with three kids, some dancers in their 20s, some of the best stunt women in the world, the best female USA Ninja Warrior, and Nigeria's top heptathlete. Some of them had never lifted weights or trained athletically before, so over the four months before filming, I was tasked with bringing in

from skinny, goofy, uncoordinated Barbara to this powerful predator who fights Wonder Woman at the end of the film, so we trained and filmed in chronological order to reflect the way her character and physique evolves. The body transformation she goes through on screen is real, and we did a huge amount of work on her sprinting technique so she had this believable, cat-like way of moving.'

The whole process sounds very physically and mentally intense for you.

How did you cope?

'For nine months, the film became my life and the experience was challenging but incredible at the same time. I also believe I'm the only woman in the world to be a lead cast trainer on a Hollywood movie, so that filled me with so much excitement and energy to keep going. That said, I took eight holidays in the year afterwards! One of the first holidays took me to Bali where I did a yoga training course, meditated in the jungle every day and found my inner peace again, so I was ready for a whole new adventure!'



different Amazons at different times depending on what training they needed, filtering them in at the stage I thought was right so that they could peak for filming.'

You also trained Kristen Wigg to get her in shape for her role as the film's villain, Cheetah. What was that like?

'I trained Kristen for nine months – she was incredible to work with, bringing her A-game to every session. Her character transforms

'I tailored the training around the activities the Amazons would be doing so they were fit for purpose'



Wonder Woman 1984 is out now on Digital, 4K, Blu-ray and DVD.

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