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President Obama Pumping Iron

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A video taken of President [Obama working out in a hotel gym](#) has gone viral. The clip, which the Secret Service has confirmed is real, shows the president exercising inside a gym at a Marriott hotel in Warsaw, Poland, where [he currently is staying](#) as part of his commitment to strengthen ties with European countries against Russia.

In the video, which looks like it was shot on a cell phone camera without the president's knowledge, Obama is wearing a black sweat suit and ear buds. He lifts hand weights, does lunges, uses a bench as a stepper and gets on the elliptical. He also yawns during his routine. A man in a suit, most likely one of his Secret Service agents, stands behind the president while he works out.

In response to online criticism that the president shouldn't be accessible enough for the prying lenses of pedestrian camera phones, according to [The Hill](#) the event was really no big deal. "Hotel guests were not asked to leave the gym during this off the record movement, nor were they asked to refrain from taking pictures," Secret Service spokesman Ed Donovan said in a statement. And the situation is "no different than if the president visited a restaurant off the record and other diners took pictures of him."

It's unclear where the video first originated — [The Hill](#) reports that a Polish Facebook user named Jean Ekwa (possibly a fellow gym goer?) uploaded the video to his Facebook page and it went viral from there. The [New York Daily News](#) credits the Polish tabloid Fakt.

Michelle Obama, who is rather [focused on fitness](#) herself, once called her husband an "[exercise fanatic](#)" and in 2008 the president [told Men's Health](#) that he works out 45 minutes a day, six days a week. As proof, check out these gratuitous [photos of the president](#) working up a sweat.