



THE BEACH IS A perfect place to enjoy a short workout, with its endless sand, fresh sea air, lots of space – and you can finish off with

a cooling dip in the water. I've used this sequence on beaches around the world for fitness groups and myself.

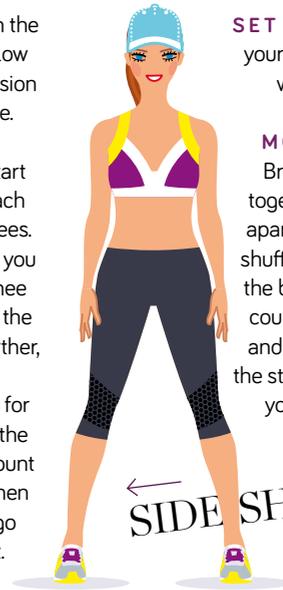
Use these moves as a quick 10-minute start or end to your day. If you want a longer workout, add a 2-3-mile walk or jog along the beach. You can perform the following in bare feet or with your shoes on. These are excellent weight-bearing, balance and agility moves and will raise your heart rate for an effective workout. Fabulous for your legs, core (abs/back) and heart.

BOUNCE



SET UP Start with the knees up – see below left. This is a big version of the same move.

MOVEMENT Start moving up the beach raising your knees. Hop high as you bring the knee up higher and the arm extending further, as seen in the illustration. Aim for getting as high off the sand as you can. Count to 30 knees-ups, then turn around and go back to the start.



SET UP Stand with your feet shoulder-width apart.

MOVEMENT Bring your feet together and then apart again as you shuffle sideways up the beach. Go for a count of 30 steps and then return to the start, leading with your other leg.

SIDE SHUFFLE

BEACH BODY DRILLS

Why the beach can be the perfect place for a workout, says **Charlene Hutsebaut**

SET UP Imagine a sprinter on a track. Bring left arm up with a bent elbow and your right knee to hip height.



KNEES UP

MOVEMENT As you move forward, switch to the right arm and left leg. Think of this as exaggerated slow-motion running. Keep moving forward, popping your knee up while the opposite arm swings forward. Be sure your hands never cross the breastbone middle line of your body and that your shoulder blades stay stable on your back. Stay tall through your torso while engaging your abs. Count 30 knees-ups as you move up the beach. Turn around and come back to the start.

SET UP Bend your left knee, trying to touch your bottom with your foot.

MOVEMENT Start moving forward as you bring your left foot to the ground and switch to trying to kick your bottom with your right foot. Keep alternating foot kicks quickly as you move across the



beach for 30 counts. Turn around and return to your start. You can add a little hop to this if your knees are healthy, to increase the intensity.

HEEL KICKS

CROSS over STEP



SET UP Start with your left leg crossed over your right.

MOVEMENT Move sideways with your body as you step your right foot out to the side, step your left foot behind your right, step your right foot out, step your left foot behind. Your torso will naturally twist as you go. This is excellent for core work (abdominal and lower back). Continue this pattern counting to 30 as you move sideways along the beach. Repeat going back to the start.

ILLUSTRATIONS MAX SAVVA