

## adventure

## exercise &amp; fitness

**Oceanfront Workouts**

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When most people survey the panoramic Hamptons oceanfront they see the natural beauty of the sand meeting the surf, the powerful cycle of waves rolling and crashing, and the majestic dunes standing guard over heaven on earth. When I'm at the beach I appreciate all of these things, but I see more. I see a fully stocked workout space. I see a weight stack loaded from five to 100 pounds right under my feet. To me a vacant lifeguard stand is a perfect chin-up bar or stretch rack, and with a bit of imagination two pails, a shovel, and a towel turn into an entire set of free weights.

Most movements you see in a gym can be transplanted to the beach, with most of them becoming a bit tougher but there are some things you can do at the beach that are unique. As in the studio I assemble a circuit type of workout revolving between two or three different exercises, and keep moving constantly.



Start with some lunges.

One great thing about beach workouts is they can vary from quite easy to supremely difficult with a few savvy adjustments. Start your workout with a jog of appropriate length, five minutes away and back may be enough to warm up but 20 or 30 minutes each way is a workout in itself.



Next, shovel about 10 scoops of sand on a folded towel, twist the ends, and do some bicep curls.

while shoveling sand over your shoulder. Next, shovel a few scoops of sand into your buckets and do some lateral shoulder raises. It doesn't take much sand to max out this one and you've just created your own dumbbells. For the third in this series, shovel about 10 scoops on your folded towel, twist the ends and do some bicep curls. All the same rules apply, bend the legs slightly, don't swing, straighten your arms at the bottom and if the load you have is too much or too little it's easy to adjust. After a few times you'll learn how many scoops you do for which exercise but it's always a little different, this is part of the fun. Now get back to those sidesteps and go through two more rotations.

The next exercise I like to call "Weekend at Bernie's" If you don't get the joke I won't bother to explain, but it goes like this. Lay your beach towel flat and shovel 15 to 20 scoops on one end. Now tie the corners at that end in a knot, grab the other ends and start dragging Bernie down the beach. If you're doing this with a friend it can be great to have a little race or put more sand on and each pull one corner. This is great for the legs and hamstrings particularly, the best technique is to take short quick steps pushing your heels into the sand. After a lap of Bernie, put a little more sand in your buckets and alternate press each one overhead. If you have a standard beach pail handle, let the bucket rest on the back side of your forearm as you press, this gives the best balance. Round off this circuit with 15 squat thrusts, which are lovely on the beach, and you should be sufficiently ready for a dip.

Of course there are too many variations of every exercise to even come close to a list but try to keep an open mind. Take into account the surrounding at your specific beach. Cooper's Beach has some picnic tables and benches that can be used for dips, push-ups, and vaulting just like a gym or park bench. Little Plains is pretty washed out lately and has a significant slope from shore to dune. This can be great for sprinting uphill toward the dunes. If you're lucky, like I was the other day at Mecox, you can stumble onto a ledge cut out by yesterday's waves. This affords lots of cool options including running up from the surf and bounding onto the ledge. This sets you up for some really tough suicides that would make your old gym teacher envious. Also, if the ledge isn't too high it can be used as a slalom course. Run a few strides on the low side then jump up and run a bit on the top. Work up and down as you travel down the beach and remember to do everything on both sides. You can also use the ledge for exercises like lunges and push-ups, hands on top for easy, feet on top for difficult.



This exercise I like to call "Weekend at Bernie's".

Don't forget about the water, it's not just for cooling off. Swimming of course is great exercise and if you can manage it, jump in and swim a few miles. Short of this there are some cool options. On calmer days I like to swim down the beach with a client for a few hundred yards and then walk back as fast as possible about waist deep. This is a great workout and again if you have someone with you it makes for a nice little contest. Another fun one is to run into the surf and dive through oncoming waves, turn right around climb out to do it again. You might not think so but a few times in a row and you'll know you've been working.

It would be a shame to let a beautiful summer go by without enjoying every bit of the Hamptons beaches. Sprinkle some ocean workouts into your routine and you won't be sorry. I definitely recommend early or late workouts as mid-day can be treacherous. There's nothing better than spreading out in the sand to stretch and yoga out after a nice exhausting kick butt workout.

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