

sun-sentinel.com/features/health/sfl-fit0311sandsbmar18,0,3492106.story

South Florida Sun-Sentinel.com

Exercise on sand for added burn

By Jeannine Stein

Los Angeles Times

March 18, 2009

Water isn't the only exercise-friendly element at the beach. Sand offers a shifting surface that forces the stabilizing muscles of the core to fire. Feet sink in, making muscles work harder and creating a bigger calorie burn. Jennifer Cohen, author of *No Gym Required*, offers exercises that can be done on the beach. Pails act as weights when filled with sand.

Crab walk

With chest facing up, place hands and feet in the sand. Walk backward or forward on all fours in a straight line at a comfortable pace, pushing off the heels, for about 20 to 30 feet, making sure not to drop the torso. The sand provides significant resistance. This will work the triceps, hamstrings, quads, calves, glutes and core.

How many: Complete two lengths, moving forward or backward

Plyometric jumps

Draw a 10- to 15-foot line in the sand, or stretch out a jump rope. Starting on one end, bend the knees and jump across the line, zigzagging back and forth. "Since your feet are planted in the sand, it's harder to get power and height," Cohen says. Make sure to land in a squat position before jumping again to protect the knees and other joints. Explosive moves like these are great for sports such as basketball and volleyball but should be done only when the body is fully warmed up.



How many: Beginners should do 10 to 15 jumps; advanced exercisers can do two sets

Speed skating

Mimicking speed-skating moves works the legs and cardiovascular system. Outer thigh muscles get a workout, as do the torso and the arms. Stabilizing trunk muscles are engaged as well.

Starting in a standing position, move the right leg back and to the left side while leaning forward and touching the toe of the left foot with the right hand. Switch and repeat, keeping the body low to the ground. Lifting a weighted sand pail with the outstretched arm increases the difficulty. Switch the pail from hand to hand while switching feet.

How many: Start with 30 seconds, then gradually increase the time

Beach drills

This multipart exercise incorporates cardio and full-body conditioning. Begin with feet hip-width apart and do small running steps in the sand for about 30 seconds. Drop to a squat, then with hands in the sand kick the legs out to a push-up position. From here, you can: Jump back into a squat position, stand up and repeat; do a push-up, squat, stand and repeat; or segue from the push-up position to side planks, return to push-up position, squat, stand and repeat.

How many: 10

Crab walk

Plyometric jumps

Speed skating

19/03/2009

Exercise on sand for added burn -- So...

Beach drills

Copyright © 2009, [South Florida Sun-Sentinel](#)