

# GET A SURF



surf's up

Try our exclusive surf-girl body workout  
devised by English National surf  
champion Sarah Beardmore, plus  
pick up tips from top wave riders

WORDS: Joanna Ebsworth and Victoria Hill

# GIRL'S BODY







When I'm on tours, me and the other girls get together for a game of beach volleyball

## Sarah Beardmore

AGE: 24

FROM: England

SURFING LEVEL: Started surfing when she was 16 and recently won the 2010 Protest English National Championships.

**F**ever wished you could look as toned, taut and tanned as a surfer girl? We know we have! As well as getting to travel the world looking for the next big

wave and experiencing the delights of different cultures, female surfers are blessed with enviable figures that always look good in a bikini. But they work hard for it, as *H&F* art editor Victoria Hill discovered when she hung out with surf brand Protest's female team riders for four days on the beautiful island of Bali, Indonesia. The girls train hard in the water and on dry land, with workouts to keep them in shape to handle whatever the sea throws at them. Read on to find out the girls' secrets for keeping fit, and then follow their moves to get a surf-girl body!

**GETTING STARTED:** 'The hardest step in surfing is going for the first time. It might seem like a lot of effort but the enjoyment, fitness and adrenaline outweigh any preconception that surfing's too much work. It's a rewarding sport as you learn something new every session, it's fun, is great for fitness and you also learn about the ocean and the waves. You're in nature's playground and to be a part of it is an amazing feeling. Surfing is a sport for everyone and I'd recommend it to anyone, regardless of age, sex and weight.'

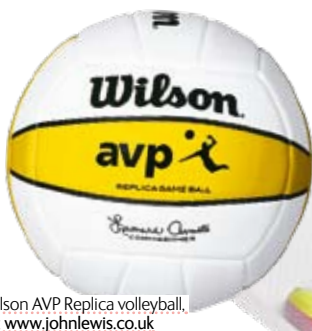
**BEAUTY SECRETS:** 'When you surf, your hair can get really dry and brittle, so I slather it in cheap conditioner before I go into the sea to keep it moisturised. Once I'm on dry land, I use more expensive hair products from Tigi and Schwarzkopf to hydrate and nourish my hair. For my skin, I stock up on Ella Baché ([www.ellabache.com](http://www.ellabache.com)) products when I'm abroad. It's quite expensive but a good investment. I use the Great 30+ Sportsbloc on my face and body as it's water resistant for two hours, and I also use Sunguard 30+ Foundation on my face. It contains zinc that acts as a total sun block that lasts all day, and comes

in lots of skin tones so you can find one to match your colour perfectly. I wouldn't go anywhere without it.'

**GEAR:** 'I love my Havaianas. They're so comfy and you can wear them anywhere, but because everyone wears them on the surfing scene, you can often come back from parties with two different sizes or two different colours!'

**MY FAVOURITE PLACE TO SURF:** 'I love Hossegor in the South West of France. It's a really cool town that's a great weekend escape for English surfers, with some really good waves and a great atmosphere. Peru has some amazing waves and in Australia there are good waves every day – you can always find somewhere surfable.'

**KEEPING FIT:** 'When I'm on tours, me and the other girls get together for a game of beach volleyball or basketball – often the northern hemisphere versus the southern hemisphere – it's a fun way to stay active. All the female surfers I know are very fit and enjoy playing other sports. I love a bit of beach football or a game of squash, which is an intense cardio workout. For surfing, it's important to keep the whole body fit so I do a lot of circuit training to work my whole body and get my heart rate up.'



Wilson AVP Replica volleyball, £9; [www.johnlewis.co.uk](http://www.johnlewis.co.uk)

Havaianas Top Mix flip-flops, £18; [www.office.co.uk](http://www.office.co.uk)



Tigi Bed Head Some Like It Hot Resistant Serum, £10.40

## Delphine Vanhooren

AGE: 24

FROM: Belgium

SURFING LEVEL: Competes for Belgium and came third in the Belgian Championships.

**GETTING STARTED:** 'I started surfing four or five years ago while I was backpacking in Bali. On the first wave, I stood up and was off. I got addicted. I'd been a snowboarder for 10 years, so I guess that helped with my balance.'

**MY PERFECT WAVE:** 'I research in books or online before I go somewhere, and ask people on my travels where the good waves are. Half the fun is discovering new places. I went to Indonesia recently and there were a few peaks [points where the wave breaks] that looked perfect for surfing. I just took a boat ride to one of the peaks, jumped overboard and was away.'

**GEAR:** 'Out of the water, all I need are flip-flops and a light dress or shawl to

throw on when I'm not surfing. I prefer to wear just a bikini when I'm surfing, but in the afternoon when it's really hot, I'll wear a short-sleeved rash vest to keep me cooler.'

**SHAPING UP:** 'Surfing is a brilliant workout. It's tiring, especially when you're out in the sea for three or four hours. You need to be in good shape to surf for that long. It can be difficult for me living in Belgium as there aren't always good waves. Sometimes I won't surf for a week, maybe even a month if the conditions aren't right. But I always swim one and a half kilometres in 30 minutes every day to make sure I'm in shape for when good waves do happen.'



Protest Sjolte bikini, £35; [www.protest.eu](http://www.protest.eu)

Protest Sharkies rashguard, £25; [www.protest.eu](http://www.protest.eu)



Lonely Planet Discover Australia travel guide, £17.99; [www.lonelyplanet.com](http://www.lonelyplanet.com)

## Ilona Hoogland

AGE: 29

FROM: Holland

SURFING LEVEL: Has been surfing for eight years and was crowned Dutch Champion in 2009.



**BEAUTY SECRETS:** 'You can burn very easily in the water so I use Banana Boat's Sport SPF50 on my face and body and still get a great tan. My hair gets really dry so I use Paul Mitchell Super Skinny Serum to moisturise it and keep it shiny.'

**GEAR ESSENTIALS:** 'If the waves are rough, I wear board shorts with my bikini – skimpy bikini bottoms aren't always very safe in those conditions!'

**WORKOUT TIPS:** 'If I can't surf, I do lots of swimming to stay in shape. It's good practice for when I'm paddling to catch a wave. I work on my balance out of the water with an Indo Board – a board on a cylinder – and my core on a Swiss ball.'



Indo Board portable gym pack, £149.99; [www.boardshop.co.uk](http://www.boardshop.co.uk)

Paul Mitchell Super Skinny Serum, £14.25; 0845-659 0012

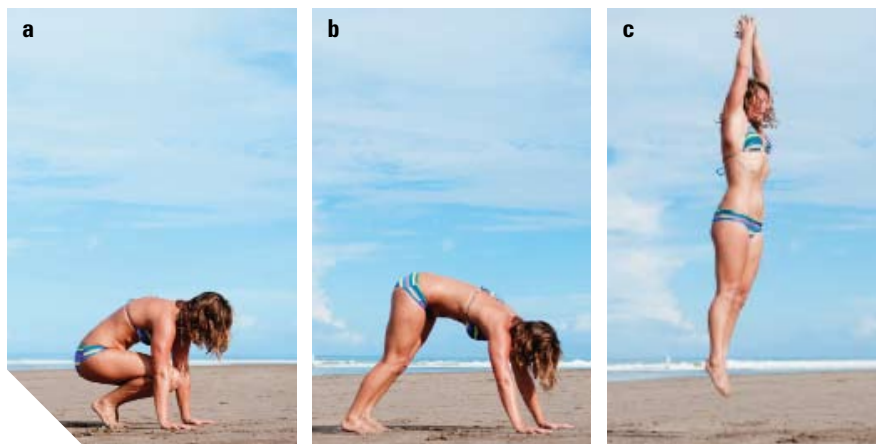
Protest Lome board shorts, £40; [www.protest.eu](http://www.protest.eu)



**A**s a surfer, the best form of fitness I can do to stay in shape for surfing is surfing itself,' says English national champion, Sarah Beardmore. 'However, there are key exercises I perform regularly to help develop my core strength, power, co-ordination, agility, balance and centre of gravity on and off the waves and to improve my shape and fitness. 'These moves can be incorporated into any fitness plan and will not only help you reach maximum potential on the waves to help you stay in the water for longer and increase your sporting performance, but they'll also reduce your risk of injury as well as keep you toned and in great shape.'

### TOP TIP:

Training barefoot on sand will give you a tougher workout, due to the soft, uneven surface, but you could wear trainers and do these moves in the gym or park. For more moves from Sarah, go to [www.healthandfitnessonline.co.uk/surf](http://www.healthandfitnessonline.co.uk/surf)



## Burpees

**WHAT IT DOES:** A fantastic whole-body move that also works your cardiovascular system.

Stand upright with your feet hip-width apart and stomach pulled in, then squat down into a crouch, with your hands placed firmly on the floor in front of you and arms straight (a). Kick

both legs back (b), then immediately bring your knees back in to your chest so you're in a low squat position. Next, leap up as high and explosively as possible, powering through your feet and thighs (c). As you land your jump, crouch straight back into a low squat position and repeat the move as fast as possible. Aim to complete three sets of 12 repetitions.

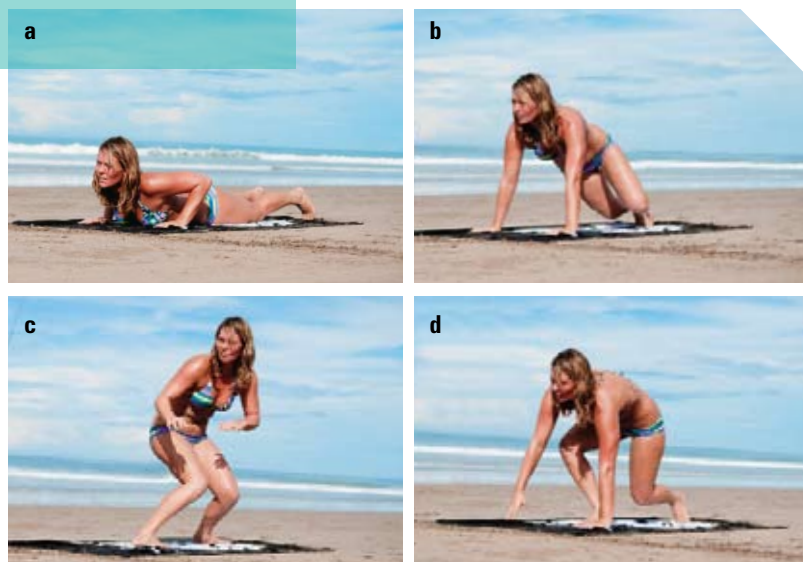


## Plyometric horizontal jumps

**WHAT IT DOES:** Builds explosive power, agility, speed, balance and stability for improved athletic performance.

Draw a line in the sand. Standing with your core

engaged and feet hip-width apart, bend at the knees (a) and jump forwards off both legs, using your arms to help you travel as far as you can (b). After you land on both feet (c), repeat nine more times for a total of 10 jumps. Do this three times, trying to better your jump distance each time.



## Surfer's shuttle runs

**WHAT IT DOES:** Develops speed, power, balance, agility, and lets you practise jumping up to a standing position on a surf board from lying down.

Measure out a distance of 30m and place a beach towel at each end to help you stay sand-free. Lie at one end on your stomach facing the other line (a). Spring up using your arms and legs (b) to stand in a surf stance (c) (imagine yourself balancing on a surf board) and then sprint to the other line as fast as you can – crouch down to get a more explosive start (d). Once you get to the other end, jump back down on to your stomach and with no rest, repeat the above for 30 seconds. Try to alternate your lead leg in the surf stance so you end up facing a different direction each time to promote muscle balance. Have a one-minute break and repeat three more times.

## Clean and jerk

**WHAT IT DOES:** Works the legs, gluteals, shoulders and core.

Fill a backpack with up to 5kg of weight and hold it in front of you with both hands. Stand with your feet hip-width apart, core engaged and chest lifted. Squat down by bending at the knees and hips (a). As you come out of the squat, raise the bag up to your chest, then press the weight overhead, leaving a slight bend in the elbows and taking care not to arch your back (b). Lower the weight to your chest, then to the floor and squat back down. Do two sets of 12 reps.



I do a lot of circuit training to work my whole body and get my heart rate up

## Single-leg squat

**WHAT IT DOES:** Strengthens your ankles, legs and core and challenges balance.

Stand with your stomach pulled in and balance on your right leg, lifting your left foot off the ground in front of you and stretching your arms out in front. Bend your right knee until it makes a 90° angle through the knee, or lower further if this feels easy. Push back up with your right leg to return to the start. Do two sets of 12 reps on each leg.



## Superwoman

**WHAT IT DOES:** Helps stability and improves core strength to help prevent injury.

On your hands and knees, make sure your spine's in neutral and connect gently to your core muscles by bending your elbows slightly and tucking them in. Subtly draw your shoulders back and down and lift your belly towards your spine (a). Find your central balance point, then move your body weight

slightly forward and to the left to feel more weight in your left shoulder – this will stop you leaning into your right hip as you lift your left leg. Carefully take your left knee off the floor, feeling your core working harder and focus on keeping centred. Once you can lift your leg and straighten it out without losing balance, lift your right arm (b). Hold for six to 30 seconds and change sides. Progress by gradually increasing the length of your hold until you can do it for 30 seconds.



## Side plank

**WHAT IT DOES:** Develops strength in your core, back and shoulders.

Lie on your right side with your right forearm on the ground. Raise your body off the ground, balancing between your forearm and feet. Keep your core engaged. Hold for 30 seconds then rest. Repeat, then swap sides and do the same again.

## Cross extensions

**WHAT IT DOES:** Strengthens the back extensors and core stabilisers and enhances coordination.

Lie face-down with legs straight and arms extended overhead, palms on the ground. Inhale, and as you exhale, simultaneously lift and lengthen your left arm and right leg a few inches off the floor, without 'rocking' or tilting the body (a). Hold for four seconds and repeat 12 times on each side (b). ■

