

3 WATER WORKOUTS YOU'LL LOVE

STAY COOL AND HAVE FUN THIS SUMMER WITH THESE WATER-BASED WAYS TO GET FIT

STAND-UP PADDLEBOARD

Stand-up paddleboarding (SUP) is now the fastest-growing watersport in the world. Aside from the stress-busting benefits of exercising in nature, it's a full-body workout that's great for improving balance, flexibility, core strength and stamina, plus it's low-impact. "The great appeal of stand-up paddleboarding is that no previous experience is required, and you don't have to be super-fit to give it a try," says Charlotte Piho from Workout on Water. "Most people are usually

standing up and paddleboarding within about 20 minutes – the board you use can make a big difference," adds Sam Wonnacott from leading inflatable SUP brand, Red Paddle Co. "When you start out you need a nice stable platform so you can explore local waterways and catch the occasional wave," she says. "There are also boards designed for different purposes such as surfing, racing or yoga. Because Red Paddle Co's boards are inflatable, they are lighter than a hard board and can be easily packed down into a backpack, so you can take them on any adventure, whether that's by foot, car or even plane."

For more information, visit redpaddleco.com or workoutonwater.com.



Stand-up Paddleboard guru Charlotte Piho teaches SUPYoga around the world.



AQUA JOGGING/WALKING

"Water running, jogging and walking is a great form of cross-training and an excellent way to deal with and prevent injuries," says trainer Ali Cavill from Fit Fantastic. Here, she suggests a couple of exercises for deep and shallow water. "For the deep-

water exercises you may need to use a buoyancy belt, which you can find in sports stores," she says. **JOG/RUN** on the spot in deep water, or do laps in shallower water. Incorporate arms with forward punches or arm swings like a normal run to use the whole body. **JUMPING JACKS** If you're in shallow water, ensure your mid-section is fully submerged and as you jump out and in take the arms all the way down to the side of the body and up into a clap over the head. **SKI JUMPS** Use alternate arms and legs to jump side to side and switch up your speed to do fast and slow side jumps. **CRAB WALKS** With your knees bent and your feet on the bottom of the pool, shuffle sideways, circling the arms to stay deep.



POOL WORKOUT

The pool is a great place to work on total body conditioning, including lower back and core strengthening, says Ali. In the warmer weather, she suggests some ways to take your normal workout to the pool.

WARM-UP Walk up and down the pool for 5 minutes.

STEP-UPS Use the pool steps to step up and step down.

PUSH-UPS These can be done using the side of the pool.

LUNGES AND SQUATS These can be done in waist-high water.

PLANK Start by holding onto a noodle or the edge of the pool and kick your legs up until you're almost lying on the water surface. Switch on your core by sucking in your belly. See how long you can hold the position without sinking.

"If you're a beginner, stay close to the shallow water, where the floor and sides of the pool can provide stability, if need be," says Ali.