

GET A BEACH READY BOD

Fulfill your surfer chick fantasies as well as get a killer workout with SURFSET.

BY ELAINE WOO

SURFSET is a revolutionary new workout method developed in the US inspired by the sport of surfing. It combines elements of aerobic fat burning, lean muscle build, and balance and core training in a 45-minute routine, performed on a custom-made wobbly surfboard that mimics surfing motions.



The first ever SURFSET studio in Singapore is located at the intersection of East Coast Road and Joo Chiat Road. Walking into the cozy space on the third floor of a historic shophouse, you'll find a studio custom-built for SURFSET classes of up to 10 participants, with a changing area and small personal shelves to put your belongings. First-timers are encouraged to come at least 15 minutes early to fill out a registration form and familiarise themselves with the studio and equipment before starting the workout. Workout gear recommended are tight fitting pants or shorts, to avoid tripping when popping up on the board. No shoes are necessary.

As my cheerful instructor Melissa explains, SURFSET effectively combines fun and fitness as every exercise on the board is designed to engage your core and stabiliser muscles. A Pilates instructor, Melissa chanced upon SURFSET while researching for fitness trends in the US and decided to introduce the workout to our sunny shores. There are three SURFSET programmes to deliver maximum results for all fitness levels: SURFSET BALANCE, SURFSET SWEAT and SURFSET CORE.

As it was my first time trying out SURFSET, the programme SURFSET BALANCE, a yoga-inspired class that focuses on breathing, flexibility, core strength and body control was recommended. This is a "beginner" level class although it can still be very challenging when all moves are executed properly on the board. I found it to be a great introductory programme to get used to the motion of the board and to develop the mind-body connections necessary for the more challenging programmes.

The SURFSET board is designed to feel unstable so I tried my best to keep my core engaged even as I stepped on it. The class started off slow as I tried to gain momentum on my board and to my delight, it did get easier and more comfortable after a while. The music played during the workout was a fun factor

and it got my adrenaline running. As Melissa picked up the pace, we started doing reps on the board in the form of plank push-ups, pop-ups, carving (using the feet to control the board) and paddling. I could feel my muscles working hard simply by trying to stay balanced on the board. The SURFSET programme effectively builds leg strength, flexibility, and engages all the postural muscles. Before I know it, I'm all drenched in perspiration as the 45-minute class came to an end. I woke up the next day feeling a slight ache on my core, sides and thighs but best of all, it felt more like a fun class than a workout! 🌊💪



Where:

SURFSET

is at 454B Joo Chiat Road, 3rd Storey

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Tel: +65 9751 0793

Email : info@surfset.sg

Cost:

Classes start from \$31.