



Jogging? Pilates? Body combat? Yaaawwwwn. If you're looking for a more far-out workout that will snap you out of your exercise ennui, why not ride some indoor waves or do the gorilla shuffle?

Workouts with a dose of wacky

SURF'S UP!

WHERE: SURFSET SINGAPORE, 454B Joo Chiat Road, Level 3, Tel: 9751-0793

THINK OF IT AS: Indoor surfing, no water required.

TRY THIS IF YOU: Have always wanted to ride the waves, but suffer from aquaphobia

INTENSITY: ★★★★★

WHAT: Surfset Fitness is a workout that mimics surfing moves on dry land, conducted on 'surfboards'

strapped onto three rubber balls. Surfset Singapore owner Melissa (centre in pic above) decided to bring in the workout when she chanced upon the surfboards in the US. Enthuses the former pilates instructor, "Singaporeans are very into fitness these days and love trying new things."

WE CAME, WE BALANCED, WE FELL: We thought, "How hard can it be to balance on that, right?" Well, despite

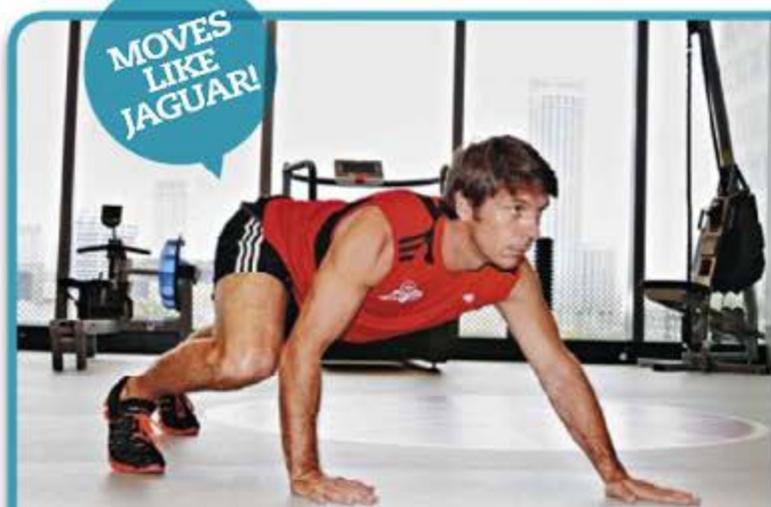
the absence of elements such as wind and water, the board still manages to throw us off balance — we fell off twice just trying to lie flat on it. As for trying to do yoga poses, pilates moves or push-ups while struggling to stay 'afloat'? Trust us, it's not easy. With each slight body movement, the surfboard wobbles dangerously. Once you get the hang of it (literally), this fast-paced workout trains flexibility, core

muscle strength and balance (with three different programmes), and gives your flab a good 'ol jiggle. A 45-minute class starts at \$35.

When push comes to surf: Can you do a push-up while balancing on a wobbly surfboard? According to those who have tried actual surfing and flowriding, the surfset workouts are quite different and take some getting used to.



MOVES LIKE JAGUAR!



WHERE: ZUU CLASS AT VIRGIN ACTIVE, One Raffles Place, Level 6, Tower 2, Tel: 6908-7878

THINK OF IT AS: What it'd be like if all the animals in the zoo decided to do a mass workout.

TRY THIS IF YOU: Have always wanted to move like jaguar, and bear, and gorilla...

INTENSITY: ★★★★★

WHAT: A high-intensity 30-minute workout which replicates animal movements, Zuu was created eight years ago by an Australian fitness consultant. It uses your own body weight to burn fat and build lean muscle by training muscle endurance. In short, it's a workout that keeps you nimble and ready for an apocalypse. Zuu is great for social butterflies (though we're not sure if there's a butterfly-inspired move), as it focuses on teamwork and interaction.

WE CAME, WE CRAWLED, WE LEAPT: It's like a zoo in here, and we're sweating like animals. Christian Mason, a gym instructor and operations manager for Virgin Active South-east Asia, has us crawling like bears, jumping like gorillas and leaping like frogs. If you think getting down on all fours and skulking around like a bear is easy, think again — it isn't quite natural for humans to do some of these primal animal movements, and do it right. Just when we think we're finally getting the gorilla

(propel yourself forward using first your arms, then your legs), we've segued into another punishing animal move. There's no time to pant or even wipe the sweat off our foreheads as the class of 20 people — mostly office workers on lunch break — loop the workout from the top. Don't even get us started on the frog squats. Suffice to say our thighs are still aching, and we'll never look at frogs the same way again. Zuu classes are available at Virgin Active Singapore. A worldwide membership is \$199 (one-time activation fee), with a weekly fee of \$42.50.



Grin and bear it: A Zuu workout replicates the moves of beasts such as bears and gorillas. It's intense, fun, and definitely not easy.

PHOTOS: STONE ZHU, MARK LEE, VIRGIN ACTIVE SINGAPORE