

NEW *year, moves!*

Running? Boring. Yoga? Been there, done that. So, what are some of the ways you can jazz up your fitness routine in 2015? We check out five new takes on conventional exercises and tell you what to expect from each. By Deborah Tan

SURFSET

Surfset Singapore is Singapore's first Surfset studio where exercises like yoga, Pilates, and core training, are performed on top of a custom-made unstable surfboard. Surfset was created three years ago by a professional hockey player who realised that surfing daily gave him better results in his physique and performance. He then designed a machine to mimic the motions he experienced while surfing.

WHERE Surfset Singapore, 454 Joo Chiat Road
PHONE 9751 0793
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I thought Surfset would be a breeze to do but I totally underestimated it! I'm already practising yoga and had thought my core stability was good. Surfset forced me to really engage my core and focus on my balance. It also helped me realise that I've not been distributing my weight evenly.

FERINA NATASYA, 27

