

EXERCISING ON THE BEACH

Summer means food and fun and lots of beach time. But there's no reason to give your workout routine a break! *The Early Show* on Thursday, July 2, 2009, Fred DeVito and Elisabeth Halfpapp, co-creators of Exhale's Core Fusion (<http://www.exhalespa.com>), showed how we can stay fit on the beach this summer:

The 4th of July weekend is coming up and all people really want to do is eat and layout on the beach, how can we motivate to do exercises on the beach?

People should know that it only takes a little bit of effort to accomplish a lot, particularly on the beach, so it's a really effective and time conscious way to get your workouts in. The heat of the sand is good for your muscles, so remember that with less time you get equal or more results than the gym.

Is the beach really a good place to workout?

Sure it is. The sand offers warmth for the muscles and support. Since the sand is an uneven surface, because of all that your core muscles have to be engaged, you have to focus more on your core to maintain balance and therefore you work harder. It works your legs more-the unpredictability of sand is a nice surprise for the muscles. You can effectively work key parts of your body.

People are concerned about their arms in the summer. What exercises can we do on the beach to maximize our results?

The tricep dips on the watercooler are great because it works the back of your arms and upper back muscles. The cooler serves as a stable base of support. You can also do pushups on the watercooler and one way we like to do them is to do them on an incline because of the challenge and you get faster results and can do less of them. Very time efficient.

Those swimsuits require us to have our legs in shape. You say we can use our beachballs to not only play in the sand, but help keep our thighs in shape. How so?

Using the beachball works for women and men who are concerned with their quads and inner thighs. The beachball works the inner thighs cause you're pressing against the ball to engage them. Men are always concerned with their quads, therefore they too should do this exercise as it targets both the quads and the inner thighs

Fred-Summer is not the only time we're concerned with our stomachs, but beach weather makes us especially more conscious. What exercises can we do on the beach to get a little ab work in while enjoying the sun?

The one that I really like to do that is very effective for the abs is something that is one of core fusion's signature moves. You need to start by resting on your elbows and set your position by pulling up in a c shape. It's a great exercise because it strengthens the abdominal while stretching out your back-great after surfing and swimming. It strengthens your deep core muscles and waist.

2nd one is a complement to the first one-it is a crunch movement which gives you good definition in your abs and gives you a good six pack.....this is the one that combined with the first one gives you a strong and nice looking stomach-strong on the inside and looking good on the outside. Keep your feet flat on floor, sarong around lower back with an end in each hand, arms stretched out in front and crunch up.

Beach weather means bikini weather-therefore our posteriors are on display more than usual. Any special last minute secrets for tightening our lower half up while we're out on the beach?

It's a very subtle movement called the pretzel. This affects both the waist and the derriere. Perched forward on one side, sarong/towel wrapped around ball of foot of top leg, both ends in one hand, keeping sarong/towel tight and pushing leg back behind.

Exercises that were demonstrated.:

1. Arms: Triceps dips on water cooler, Push ups water cooler.

2. Thighs-Standing up in squat type position, beach ball btw inner thighs and squeezing leg together.

3A. Abdomen: Curl up with beach ball in hands stretched out, legs straight at 45 degree angle, and down keeping shoulder blades off ground (tight crunch).

3B. Abdomen: - feet flat on floor, sarong around lower back with an end in each hand, arms stretched out in front and crunch up.

4. Waist and butt: Lying on one side, sarong wrapped around ball of foot of top leg, both ends in one hand, keeping sarong tight and pushing leg back behind.