

SHAPE

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a champ
diet secrets of
the Olympians

July 1996

30 minutes
to a
poolside
body

Nocturnal
admissions:
What your
dreams
don't mean

Sandsational
workout
Buff your muscles
& your skin

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Tone your body from head to

toe right on the beach

... and then bliss out in the

ultimate cool-down By Linda Shelton

Remember going to the beach as a child? You'd fill up your bucket with sand, then it would be too heavy to carry so you'd have to drag it over to where you were building your castle. That was a lot of work.

Now that you're older, instead of building turrets and towers, you can use the sand to build muscles and definition. In fact, for a total-body workout, sand offers some of the best resistance around. "The advantage of using sand instead of weights is that it adds a different kind of resistance," says Janis Saffell, aerobics director at the Spa of Eden at the Eden Roc Hotel in Miami Beach. You can adjust the heaviness by using dry or wet sand, and by changing the amount you scoop with your hands or push with your feet, while moving against it with as much resistance as you can handle. "Plus," adds Saffell, "the sand is already at the beach so it's a really cheap workout."

Mudslide Slim Saffell has created this month's total-body workout, based on the spa's unique "Mud on the Beach" class, which she developed with John Cataldo. Like the guests there, you will do a series of conditioning and toning moves right on the beach (preferably in the early morning or at dusk, when not too many other people are around) and then enjoy the ultimate cool-down — a beautifying mud treatment that buffs your skin while relaxing your muscles (here's the time to exchange massages with your workout buddy) before you make a mad dash for the sparkling surf to wash it all off.

And when you aren't at the beach, use a little imagination and do the moves in your living room, dragging against the carpet for resistance and cooling down with a mudpack body treatment (see "Muddy Bliss," page 76). Or, find a playground sandbox or sand volleyball court to get the grainy feel.

"You get mental stimulation from the exercises, physical stimulation from the sand [it's a natural loofah, especially if you're barefoot] and then a complete mind and body breather from the massage and mud treatment. It's just so healthy," says Saffell, who is featured on Crunch's "Brand New Burt" video and ESPN 2's "Crunch Fitness" show.

If you feel like you've done some of these moves a million times, keep in mind that they'll take on a whole new dynamic when your toes are wriggling in the sand and you're breathing in fresh ocean air. Yep, it can feel positively *sandsational!* Afterward, you may even want to build a sand castle.

THE GRAIN

WORKOUT

To Begin: For all levels, start with one set of 12 repetitions for each exercise, using the sand to create as much resistance as possible while finishing all reps. Add a second set only when the first is no longer challenging. To progress, try adding a third set. Repeat exercises 1 and 2 before cooling down.

Frequency: Do this workout 2 or 3 times a week. For a well-rounded program, also do aerobic exercise at least two times per week and, to increase strength, use free weights or machines at least 2 days per week.



for a complete total-body workout

1. WATER RUN Run in knee-deep water for one minute, keeping parallel to the shoreline. Build up to two minutes of running (not shown).

2. SAND RUN Run in the soft sand for one minute, building up to two minutes (not shown).

3. WALKING LUNGES Stand on hard-packed sand with your feet about hip-width apart, knees slightly bent and hands on your hips.

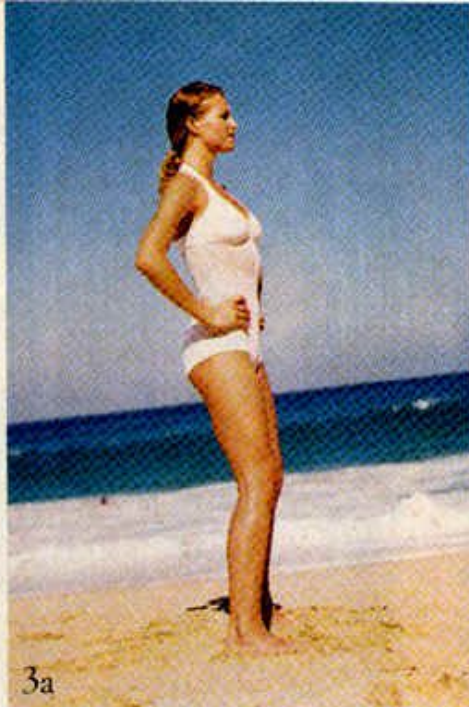
Contract your abdominals so your tailbone points to the ground in a neutral position, with your chest lifted and shoulders relaxed [A].

Take a large step forward with one foot, leading with your heel; then bend both knees so your front knee is in line with your ankle and your back knee points to the ground, heel lifted [B]. Push forward off the rear foot, so you're back in your starting position. Alternate lunging forward with each foot as you move down the beach on the hard sand. (One rep equals one leg.) You also can do the lunges up a bank if there is one. *Strengthens quadriceps, hamstrings, buttocks and calves.*

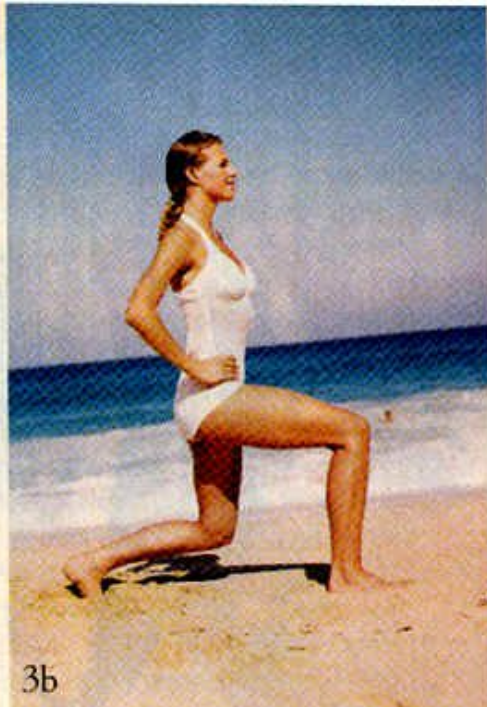
4. PLIÉ DRAG Stand in soft sand with your heels together and feet turned out, knees over toes in the same line. Contract the abdominals to keep tailbone pointing down, torso lifted [A].

Take a large step to the side with your right foot, bending both knees into a plié position. Make sure your knees don't overshoot your toes [B]. Straighten both legs and drag your right foot back toward the left, using the sand as resistance.

Repeat, stepping to the left. As you drag the sand, it may build up a little between your feet; if it does, push it away or reassume the starting position on a slightly different spot. *Strengthens quadriceps, inner thighs and buttocks.*



3a



3b



4a



4b

workout schedule

Warm-up: Walk for 5 minutes in the water at calf height. "Scrunch" your toes back and forth in the sand and circle your ankles in both directions. Follow with your favorite stretches for the hamstrings, quadriceps, hip flexors and calves — but do them in the shallow water. Hold each stretch for about 8 to 10 seconds without bouncing. Finish by limbering the upper body with shoulder rolls, arm circles and standing cat-back stretches (place hands on your thighs and arch your back up like a cat, then release; do 3 to 4 times).

Cool-down: Repeat the warm-up, holding the stretches a little longer. Now for the mud mask. Loofah your whole body — you can use the sand — to get off the dead skin. Once your skin is smooth, take a bucket of mud (at the Spa of Eden they use Dead Sea mud imported from Israel) and rub it over your entire body. For the next 20 to 30 minutes, lie in a beach chair and spray yourself with water to keep the mud soft. You might listen to some relaxing music. A partner can massage your shoulders and feet. When the time is up, run into the water and rinse off. End the treatment by conditioning your skin with moisturizer and sunscreen.

out, sand offers some
of the best resistance around



MUDDY BLISS

There is mud, and then there are muds. And different people have muddied the debate about which kind does what.

Some only use Sedona mud because they believe it purifies the skin. Others go for Calistoga mud, saying it draws out excessive fluids and toxins while tightening and toning skin. And still others swear by mud from the Dead Sea, which they claim exfoliates impurities, increases blood circulation and rejuvenates the skin.

John Cataldo, co-creator of the Spa of Eden's "Mud on the Beach" class at Miami Beach's Eden Roc Hotel, uses the

Dead Sea variety because it reportedly contains a healing agent that soothes the skin and muscles — and because it has a high sodium and mineral content.

"The Dead Sea is surrounded by skin-disorder clinics," he says. "People flock there for the salty sea and the ancient minerals."

Wherever you get it, here's the dirt on how to give yourself a mud mask at home. After exercising — the higher core body temperature and sweat help the mud work more effectively — apply the mud all over, from head to toe. Let it dry,



7a



7b

exercise takes on a new dynamism when your toes are wriggling



8a 8b

7. PUSH - UPS Kneel on a rolled beach towel with legs hip-width apart and feet on the sand. Place your hands just in front of your shoulders with arms straight but not locked. Press your hips forward so your head, neck, spine and hips are in a straight line [A]. Bend both elbows, lowering the chest toward the sand, keeping your hips and torso in a straight line [B]. Push back up to starting position. *Strengthens chest, front shoulders and triceps.*

8. TRI - DIPS Sit on the sand with your hands on a rolled towel behind you, fingers in line with the shoulders, facing forward. Extend your legs in front of you, knees slightly bent and ankles crossed. Contracting your abdominals, lift your hips up off the sand, keeping your arms straight but not locked [A]. Maintain your position and bend the elbows, lowering your buttocks toward the sand [B]. Press back up to starting position. *Strengthens triceps.*



training tips

1. When using sand as resistance, keep the elbows and knees slightly bent.
2. If you sink into the sand when doing squats and lunges, it makes the workout harder. Balance yourself and use your abdominals to maintain good form.
3. Keep water handy and drink often.
4. You can do this barefoot; however, wear aqua socks or sandals if your beach isn't clean. (Try to find sand that's clean; clear an area if necessary.)
5. If your beach has waves, watch the current so you don't get sucked under; don't go out in the water on a rough day.



7a



7b

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