

Beach Fun

is a 50 min circuit training class based around full body fitness, running, jumping and athletics drills. We do it on the sand at Portobello Beach, near the bottom of Pittville Street. Start time 7pm Wednesday evening.

Especially suitable for anyone who runs and wants to stay as strong, injury free and fit as possible, the class is organised in partnership with Edinburgh Running Network (join ERN to get in the class for ½ price click on <http://www.edinburghrunningnetwork.org.uk/> for more info)

Beach Fun is also great for anyone who is interested in working on overall fitness: all exercises are geared around working core muscles, which are crucial for running, but are also important for general back health, posture and staying injury free.

We start with a good warm up, with jogging, mobility exercises and we have a walk through the exercises for the circuit session. There is an emphasis on bodyweight exercises, particularly lower body strengtheners, like squats, lunges, kettlebell swings and that sort of thing. And there are always a few upper body and core exercises mixed in, using all sorts of equipment like medicine balls, sledgehammers-and of course some old-school exercises like push ups and plank variations. Never a dull moment!

We hit the sand running for some high intensity group work - proven to maximise fitness in a short time - go at your own pace, whether it's super high intensity (HIIT) or just enough to keep the heart and lungs in condition. Up to you, but you always work harder in a group!

We finish up with a good stretch to loosen off those tired muscles.

Barefoot is recommended, or old trainers. Especially helpful for people transitioning to barefoot running, or who want to reduce running injuries. You might want to bring a water bottle as well, you can fill it up in Portobello Baths.

The class costs £4 – a bargain for guaranteed fitness!