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The new SURFSET workout rides into Boston's fitness scene

Posted July 15, 2014 by Cheryl Fenton in Downtown Boston

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SURFSET, a new fitness craze that's riding into the Rooftop @ Revere Hotel Boston Common. Photo courtesy of Revere Hotel

Unless you're talking about pride, Boston isn't exactly known for its swells. So leaving your surfboard in storage is probably a wise choice, lest you start California dreaming and become disappointed with the lack of big waves on our shorelines.

But what about those ripped abs, jiggle-free legs and toned arms that go hand-in-hand with surfing? You'll certainly miss those. Now you don't have to. Enter SURFSET, a new fitness craze that's riding into the Rooftop @ Revere Hotel Boston Common.

This 60-minute extreme surf-inspired work out debuted in Boston for the first time this summer. If you're bored with your current workout routine, here's the perfect way to inject some variety. Held seven stories above street level on the posh roof deck, this is surfing sans surf. Need inspiration? The hotel's hot spot pool waitstaff is always dressed in sexy Pret-à-Surf swim wear as they serve up cocktails and snacks poolside.

Of ABC hit show *Shark Tank* fame, SURFSET Fitness Inc. was founded in 2011 by fitness entrepreneurs and New Hampshire natives Mike Hartwick, Sarah Ponn and Bill Nintean. It's designed to simulate the physical demands of surfing without the ocean. Your weapon of choice—the RipSurfer X, a 70" long by 22" wide by 11" high surfboard. Just get on and surf's up. And so is your metabolism, calorie count and muscle tone.

"What sets SURFSET apart is that it combines the cardio benefits of spinning with the strength and

versatility of TRX suspension training and the fun had in a Zumba class, but all on an unstable surface. A SURFSET workout can burn anywhere from 500 to 900 calories in just 45 minutes, the same results you would get from a few hours of surfing," explains Ponn.

Like the beach babes that frequent the tasty waves off Santa Cruz shores, you'll strengthen and sculpt your entire body, keeping focus on the core and the body's postural muscles. And this is one dynamic workout. Trust us, in this case, being unstable is a good thing. Because you're constantly trying to remain in place on the shaky board surface, you're forced to work muscles you never even knew you had.



The board is portable at 35 pounds, and the workout combines rotational core training with isometric movements to build a lean torso, and gets the heart rate elevated. Photo courtesy of Revere Hotel

The board is portable at 35 pounds, and the workout combines rotational core training with isometric movements to build a lean torso, and gets the heart rate elevated with Wave Runners, Shark Kicks, Duck Dives and of course, the signature surf move – the Pop-up. Astrid Bengtson, the owner and operator of Bodytalk Factory, a personal training studio located in Boston's North End, will serve as Revere's

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designated SURFSET instructor for the 2014 season.

Unlike an annoying crowded beach, these classes are intimate in size. With just five people per class, you'll get the attention you need should your workout technique go overboard. SURFSET at Revere is offered weekly on Thursdays at 6:30pm and Saturdays at 10:30am.

For more information and to sign up for classes, you can visit the Revere @ Boston Common hotel site.

Maybe after a few classes working the "waves," you could even slink yourself into one of those hot Pret-à-Surf suits.

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