

## CROSS EXAMINATION

Pros know that the key to peak performance is cross-training (training in multiple disciplines in order to improve your overall fitness). We asked four experts to explain how their sport can take your routine—and your body—to the next level. —*Camille Hunt*

### BARRE FOR... RUNNERS

Andrea Fornarola, owner, Elements Fitness  
 “Barre focuses on both stretching and lengthening the major muscle groups and the accessory muscles, in addition to strengthening the core. We also specifically stretch the quads, hamstrings and IT bands (the iliotibial band, which helps stabilize the knee), which are usually tight from running. This helps both performance and recovery time after a run.”  
 66 Newtown Lane, East Hampton, [elementsfitnessstudio.com](http://elementsfitnessstudio.com)



### CROSSFIT FOR... SURFERS

Jay G. Jinks III, owner, CrossFit Hamptons  
 “CrossFit helps surfers with balance, agility and stamina. Burpees, squatting and box jumps enhance the explosive power needed to pop up on a surfboard. Pullups, pushups and the push press build the muscles surfers need to paddle out to the waves. And jump-ups and double-unders (aka jump-roping) boost cardio strength and stamina, which boarders need to keep going.” [cfhamptons.com](http://cfhamptons.com)



### SPINNING FOR... TRIATHLETES

Holly Rilinger, master instructor, Flywheel Sports  
 “Because a third of a triathlon is on the bike and Flywheel is an interval-based workout, it’s likely a part of any triathlete’s training program. We’ve added technology that allows you to track your progress in class and over time, which is especially useful when training for a race. Spinning is also great because weather becomes a nonissue; you can always get your workout in.” 33 Hill St., Southampton, [flywheelsports.com](http://flywheelsports.com)



### YOGA FOR... EVERYBODY

Loren Bassett, creator of PXT (Pure Cross-Training), Pure Yoga  
 “Yoga improves strength, flexibility, balance, agility and core stabilization; and these elements play a key role in increasing range of motion (golfers), relieving tight muscles (runners) and increasing lung capacity through deep breathing (swimmers). It also aids in a quicker recovery from high-intensity training (triathletes, CrossFitters) and promotes concentration and mind-body awareness for everyone.”  
 Sole East, 90 Second House Road, Montauk, [soleeast.com](http://soleeast.com)



## WARRIOR PRONE

While stand-up paddleboarding may have taken over the waters of Eastern Long Island, the newest, coolest way to surf is **prone paddleboarding**. Although the name might be new to you, prone is actually where SUP began—instead of standing, you either lie on your chest or kneel on the board, and instead of using a paddle, you propel the board using your upper body (similar to a butterfly stroke).

Hugely popular on the SUP race circuit, the trend has now trickled down to the recreational paddler. Typically 12 or 14 feet long, prones are designed to slice through the water with ease and offer a powerful endurance workout. Our current favorite board? The **Bark paddle craft** (from \$2,000) by Joe Bark, the famed Southern California-based surf connoisseur whose boards are all hand-shaped and tested on the water. *Main Beach Surf & Sport, 27 Montauk Highway, Wainscott, [mainbeach.com](http://mainbeach.com)*  
 —*Claudia Lebenthal*



**THE LONG VIEW**  
 The 12-foot-long Bark paddle craft