

"Step one: nailing the pop-up on dry land. Glad I did all those planks at the gym."

"After several tries, I made it up! What you don't see: me falling a second later."

"This gnarly bruise is from holding the board under my arm as I walked out on surf-worthy waves."

We Dare You to ...

"I can't believe I waited so long to try this. I'm hooked!"

Go to Surf Camp

FITNESS READER DEAL!

Learn to surf at Safari Surf School with a special seven-night offer that includes breakfast and two surf lessons per day, daily workouts, five yoga classes or a one-hour full-body massage, and professional photos and a video of you riding the waves. For lodging, choose from the no-frills Casa Tucan or the upscale eco-chic Harmony Hotel (\$1,395 and \$2,030; prices are for the complete package and are per person, based on double occupancy). To book, call 866-433-3355 or e-mail info@safarisurfschool.com and mention FITNESS. Travel must be completed by December 20, 2012 (the promotion is not available April 1 through 8).

Avid runner and senior editor Bethany Gumper likes her workouts on dry land. She's always wanted to try surfing, but she never had the guts... until we sent her to ride the waves at Safari Surf School in Nosara, Costa Rica. Can she hang 10, or will she wipe out?