

## Surf-fit Advanced Surfer HARD CORE SURF-STRENGTH CHALLENGE

These exercises target your diagonal movement patterns that are essential in **every** surfing movement. From the pop-up to the bottom turn, re-entry and cut-back, check out body position and see the torque needed to power through the moves!

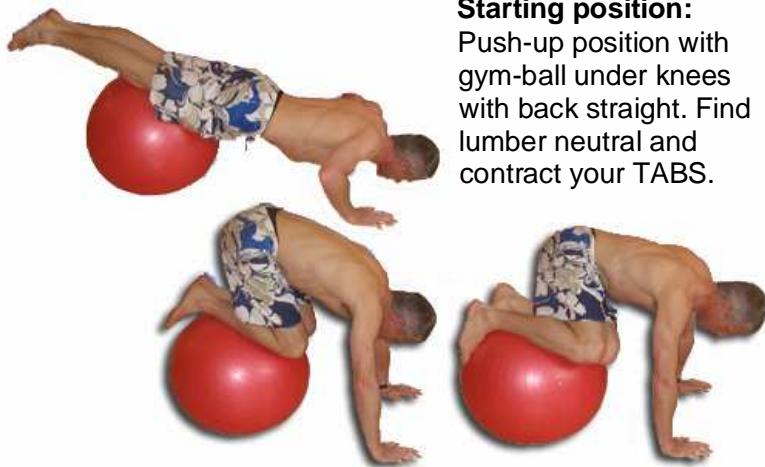
If you are serious about progressing your surfing, combine these exercises with WatermanSport's Paddle Training *OR* check out our World first in surfing plyometric training for maneuvers, speed and power.

Warm up before you start (5 minute run) and you're good to go!

**Equipment needed:** 1 Gym Ball, 1 Rip-Cord and, ideally, 2 Hedgehogs. (Hedgehogs are an inexpensive way to challenge your balance and re-create the unstable platform of a surfboard).

### Exercise 1 - Push-up crunch & twist

The pop-up is the make or break and often fails due to fatigue. It is also the cause of spinal injury when weak, unprepared trunk muscles are suddenly asked to perform a quick bending movement.



**Starting position:**  
Push-up position with gym-ball under knees with back straight. Find lumbar neutral and contract your TABS.

**Technique:** Perform a push-up, slow down and fast up. This is followed by bringing knees to chest, breathing out and 'crunching' the abdominal muscles, then rotate trunk to one side. Return to start position.

Repeat 8 times alternating side of twist. Perform 3 sets.

**Progression:** Twist to both sides before returning to starting position and /or increasing reps.

### Exercise 2 - The Woodcutter

These Diagonal movements strengthen your trunk muscles to produce the body torque necessary to whip your board around during maneuvers. The hedgehogs, if you choose to use them, recreate the unstable surfboard platform, further challenging your core surf-strength.



**Starting position:** Attach Rip-Cord high. Stand on the hedgehogs with your feet shoulder width apart, knees slightly bent facing side on to the exercise cord. Tension the cord with both hands holding cord up over one shoulder.

**Technique:** Contract your TABs. With both hands, pull down and across body. Fast down, slow back. Repeat 10 times, perform 3 sets to each side.

**Progression:** Purchase higher resistance Rip-Cord and /or stand on hedgehogs.

### Exercise 3 - Lawnmower starter

Diagonal movements produce body torque to whip your board around during maneuvers.

**Starting position:** Place the Rip-Cord low. Stand on the hedgehogs with your feet shoulder width apart, knees slightly bent facing side on to the exercise cord. Tension the cord with hands low to one side.

**Technique:** Contract your TABs. With both hands, pull up and across to the opposite side of the body. Fast up, slow back. Repeat 10 times, perform 3 sets to each side.



**Progression:** Purchase higher resistance Rip-Cord and /or stand on hedgehogs.

If pain or discomfort results from training stop immediately and consult a doctor if pain persists.

### Exercise 4 - Core-flex

Surfers get stiff mid and upper backs and weak abdominal muscles due to spending so much time paddling. This exercise encourages spinal movement with control and blasts those abs to produce torque during maneuvers.

**Starting position:** Sit on the Swiss ball, feet shoulder width apart, hands behind head. Contract your TABs.



**Technique:** Breathe in and slowly lean backwards and slide your butt forwards so the Swiss

ball rolls under your low back. Let your back 'peel' down as far as you can go vertebra by vertebra (back bone by back bone). Then 'peel' yourself back up breathing out as you return and twist to one side and 'crunch' your abdominal muscles. Repeat 8 times alternating twists to side. Perform 3 sets.

**Progression:** Twist to both sides before returning.

Well done! Now you have mastered these exercises, check out our **Personal Surf Coach** for the next stage in improving your surfing ability.

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