

Surf Fitness Exercise Program PROGRAM A

Objectives: Paddling Strength, Popup Strength, Single Leg Stability, Leg Strength, Pressing Movement Development, Pulling Movement Strength and Endurance

SURF STRENGTH COACH

Exercise	Rest	Reps	Tempo	Sets	Intensity
1. Single Leg Toe Touches		30>> 90sec /leg	Control	2>>4	
2. BOSU Pushups- explosive upward movement.		6>>10	Control down, explode up	2>>4	-2
3. 1 Arm DB Row – Both Feet On Ground	90sec	14>> 10/arm	212	2>>4	-2
4. Squat Curl Press		16>>1 2	Control	2>>3	-1
5. Standing Straight Arm Band Lat Pulls: ¼ inch bands		16/arm	111	2>>3	-1
6. Stability Ball Lower Body Russian Twist	90sec	Form Failure	Control	2>>3	Form Failure
7. Paloff Press	45sec	10/side	121	2>>3	-1
8. Band Zig Zags	30sec	15>>30	Control	1>>3	Form Failure

1. Single Leg Toe Touches – this is to load the hips and stabilize the pelvis and ankle complex. Don't allow the knee to fall to middle, keep the knee aligned with the 2nd and 3rd toes. Push the hips backwards to help load the hip, don't just load the knee. Keep the loaded hip position, and go through toe touches for designated time

2. BOSU Pushups – You must keep proper core/torso positioning throughout the movement. Do not allow your stomach to sag. Control the lower portion of the movement, and press up nearly as quickly as you can into the pushup position. Aim for quality over quantity. This is an explosive movement so reps should be kept quite low and focusing on specific execution of the movement.

3. 1 Arm DB Row – maintain a tall spinal position, and press the stabilizing arm into bench to activate the shoulder stabilizers. If you don't have a bench, you can place arm/hand on stability ball. Both feet will be on ground (video shows knee on bench). Focus on the entire shoulder girdle pulling back, and do not roll the front of the shoulder forward. Don't get sloppy and jerky with this movement, focus on strict pulling technique.

4. Squat Curl Press - fully body strength development. Maintain proper lower body squat mechanics. Do not arch your back with the overhead pressing movement. To take some load off the shoulder in case there are any shoulder restrictions, press the dumbbells slightly forwards when pressing them overhead, so it's not straight up. This gives a bit more clearance room for the shoulder structures.

5. Standing Straight Arm Band Lat Pulls: ¼ inch bands – keep proper spinal alignment and do not slouch the spine forwards. When the arm is pulled to the side of the body, do not allow the shoulder to roll forwards. Keep the head in line with the spine. Alternating arms, keep core/spine stable, and control the releasing movement.

6. Stability Ball Lower Body Russian Twist – keep a tight core position, control the rotation movements. Make sure shoulder girdle is stable, and arms/shoulders are pressed into floor to help activate your serratus anterior (shoulder stabilizer muscle).

7. Paloff Press (¾ inch band). Keep tall spinal position. Resist the rotation when pressing out. Exhale through tight portion of pressing movement. Don't allow spine to flex forwards, stay tall through the spine. Keep hips pushed backwards to load the glutes.

8. Band Zig Zags - Keep good neck/head/spine position. Perform the movement slowly and with control. Continue movement for assigned number of reps. Take a small break between reps if necessary (3-5seconds). Focus on building shoulder endurance and build up to 30rep sets.