





Surf Fitness Exercise Program

Objectives: Paddling Endurance, Full Body Strength, Single Leg Stability, Posterior Shoulder Endurance

SURF STRENGTH COACH

Exercise	Rest	Reps	Tempo	Sets	Intensity
1. Split Squat – Progress to Bulgarian Split Squats		10-12	212	3>>4	-1
2. Supine Lateral Ball Roll	90sec	8/side	Control	3>>4	-2
3. TRX Squat Pull		Form Failure	Control	3>>4	-2
4. Stability Ball JackKnife – Alternate With TRX Pushups	90sec	-1	Control	3>>4	-1
5. TRX T-Rows		16	Slow	2>>3	-1
6. TRX Y's	60sec	14	Slow	2>>3	Form Failure
7. Band Pull Aparts Zig Zags		15	Control	2>>3	-1
8. Lower Body Russian Twists	30sec	1min	Control	2>>3	Form Failure

1. Split Squat – Progress To Bulgarian: After 2-3 weeks of split squats, progress to Bulgarian Split Squats. Your rear foot can be placed in the TRX strap. Perform reps for both legs before moving to Supine Lateral Ball Roll. Use Dumbbells to add resistance to the movement.

2. Supine Lateral Ball Roll - maintain strict torso/spinal position, hips tall. Don't allow postural deviation when moving laterally.

3. TRX Squat Pull – Perform as many reps as possible with perfect form. As you get stronger increase the angle of your body to add resistance.

4. Stability Ball Jackknife – Alternate with TRX Pushups: Each workout alternate the movement used. Make sure with jackknife that motion does not occur in spine. Tight core, and keep motion in hips, not low back.

5. TRX T-Rows : Take pauses when necessary as the posterior shoulder can become quite fatigued. This is to increase posterior shoulder endurance. Inhale as the hands move upwards.

6. TRX Y's – make sure that core is tight throughout overhead movement, do not allow low back to arch, maintain spinal alignment. This movement can be quite fatiguing to the upper back. Take a 3-5 second break when necessary. Make sure to keep traps relaxed and focus on lower trapezius contraction. Inhale as the hands move upwards.

7. Band Pull Apart Zig Zags- Keep neck and shoulders in proper alignment. Maintain a light “core” contraction. To progress movement, stand on one foot to add an increased stability component.

8. Lower Body Russian Twists- 1 min of continual motion from side to side. Exhale when movement is returning to the middle / starting position.