

SURF
STRENGTH
COACH

SURF / MOVEMENT / NUTRITION / LIFE



Surf Exercise & Mobility Program

STRENGTH, FLEXIBILITY, POWER, ENDURANCE

Cris Mills: LMT, CSCS, NKT, CHEK Practitioner

www.surfstrengthcoach.com

surfstrengthcoach@gmail.com

Disclaimer

*The information in this program (videos and manuals) is offered for educational purposes only; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. With that in mind, those participating in movement programs should check with their physician prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly, and may not be appropriate for everyone. Cris Mills and Surf Strength Coach assumes no liability for injury.

Who I Am, and Why I Want You To Use This Program

My goal is to help your body and your surfing. Through movement, nutrition, and recovery, you can improve your athletic capacity, and then apply it to your time in the water. My goal is to give you the tools to improve your body.

Want Something More Specific For Yourself? Maybe you've got an injury, or want a Personalized Program?

This program you've got here is solid, and will help you make some serious progress on your overall surfing and strength. However, some folks need a program that is more specific to their body or goals. Some surfers have some particular niggling pain issues, while others want to know the best methods of on-boat flexibility and recovery movements, and others just want a training program that is detailed for their own body (which is definitely what I'd recommend). If that sounds like you, and you've got an interest in an individualized approach please get in touch and we'll hop on Skype and get you sorted. Email: surfstrengthcoach@gmail.com

Big Key Issues that You'll Focus On With This Program:

- Increase Flexibility**
- Improve Leg Strength and Power**
- Strengthen Rotational Movements**
- Bring Up Your Core Strength Integration**
- Improve Back & Shoulder Endurance for Paddling Durability**
- Give Insight into Full Body Mobility Drills for Pre-Surf Warmups**

You are a unique and beautiful snowflake!

Haha! Bit of a throwback to Fight Club... good movie. What I mean is that every surfers' body has it's own unique set of flexibilities, previous injuries, movement strengths, or movement limitations. A perfect exercise for me, may not be a perfect exercise for you. If any movements or exercises cause pain, stop the movement immediately consult with a healthcare practitioner, or get in touch with me.

SURF MOBILITY DRILLS

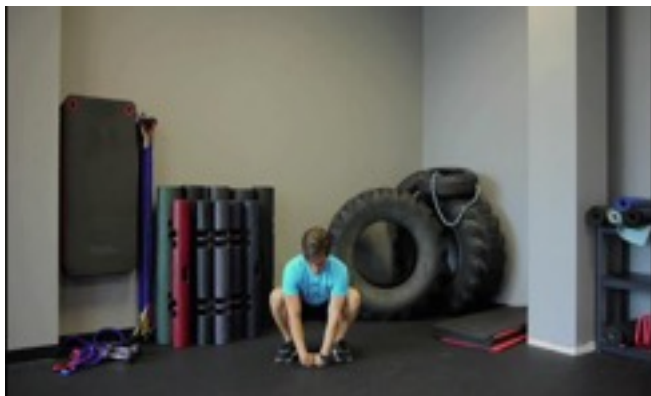
Restore movement into tight and restricted joints...
loosen up man!

- Breath Squats with Reach
- Dynamic Climber Stretch with Rotations
- Inch Worms
- Cat Camel Stretch
- Thoracic Rotations
- Toe Touch to Squat to Arm Lift to Stand
- Warrior Lunge
- Single Leg Deadlift

These are a series of movements that will help to restore dynamic flexibility, free common areas of restriction, and get your body moving efficiently. To surf with style, speed, and flow takes a combination of strength, agility, flexibility, and mobility. These mobility and flexibility drills are targeting specific areas to restore full body flexibility so you can surf and move athletically.

Perform a few repetitions of each movement (5-8reps).

BREATH SQUATS WITH REACH



CLIMBER STRETCH WITH ROTATIONS

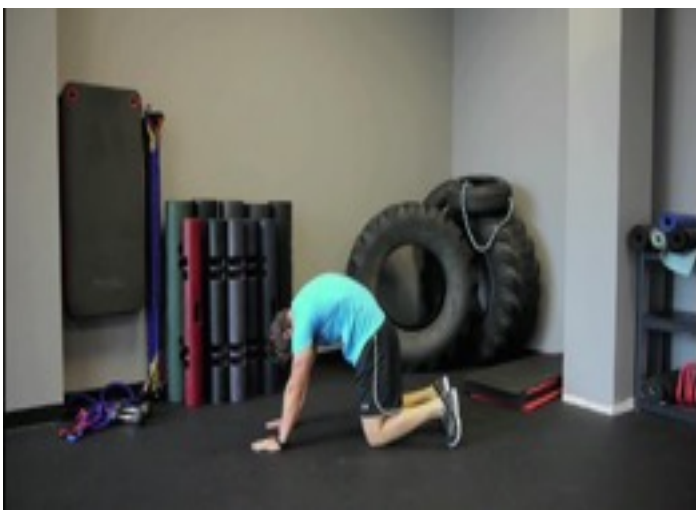




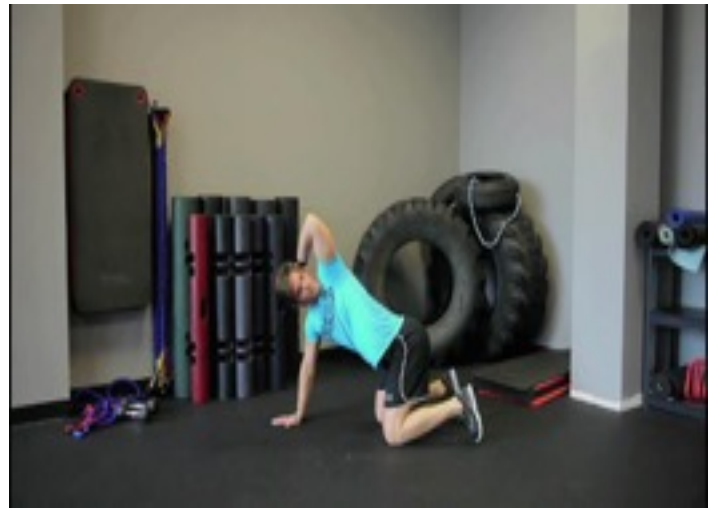
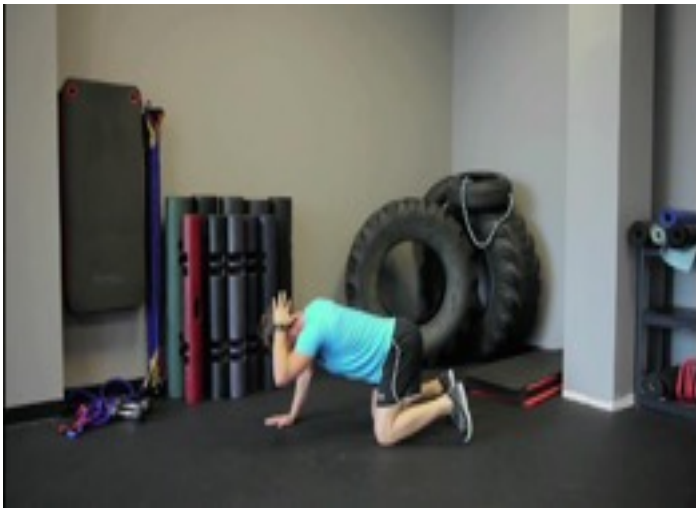
INCH WORMS



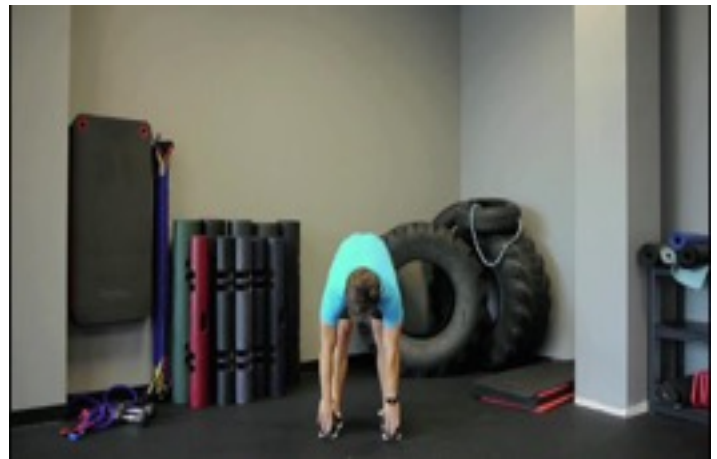
CAT COW



THORACIC ROTATIONS



TOE TOUCH to SQUAT to ARM LIFT to STAND



WARRIOR LUNGE WITH ROTATION

*rotate to both sides



SINGLE LEG DEADLIFT



BODYWEIGHT SURF SPECIFIC TRAINING PROGRAM

Power Movements Circuit

Plyometric Jumps

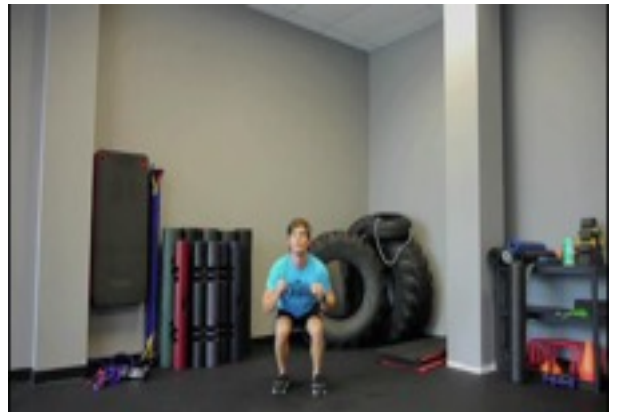
Plyometric Pushups - PopUps

These movements are for developing power output and force absorption. These are not intended to be high repetition movements. I very rarely have client perform more than 8-10 in a row. Focus on quality motion, stability of joints, and high power output for a small number of repetitions. Refer to the website for regression of exercises, examples of proper knee/ankle mechanics, and also how to improve your pushup strength if your plyometric-pushup is lacking. If you're having trouble keeping proper leg alignment, you may need some soft tissue massage work, or specific stretches... get in touch.

****What's a Circuit?** A circuit is a series of movements or exercises performed one right after the other, with no rest between exercises until all the exercises have been completed. Then the assigned rest is taken, and the circuit is performed again until the necessary number of sets is reached.

Plyometric Jumps: Vertical & Lateral

Begin with 1 set of 6-8 repetitions. Over time progress to 5 sets of 6-8 reps. Perform both vertical and lateral movements. Only vertical movement is shown below. Focus on quality of movement and proper landing position. Make sure your performing quality over quantity with this movement.



Plyometric Pushup - PopUps

Begin with 1 set of however many repetitions you can perform perfectly. Again, focus on speed and accuracy of your movement. As soon as your speed begins to diminish, stop the set. We want to train your nervous system to produce explosive power at a high rate of speed. Progress up to 5 sets of 6-8reps over time. Rest for 2minutes between Power Circuits



Circuit 1

- Single Leg King Deadlifts with Overhead Rotation**
- Supine Lateral Ball Roll**

What's a Circuit? A circuit is a series of movements or exercises performed one right after the other, with no rest between exercises until all the exercises have been completed. Then the assigned rest is taken, and the circuit is performed again until the necessary number of sets is reached.

When you are first beginning this exercise program, start with performing 1 circuit. Over time progress to 2, 3, or 4 circuits. Rest 60-90 seconds between circuits.

Single Leg King DL with Overhead Rotation

Perform 6-10 repetitions per leg with slow controlled movement. This is an advanced movement and requires proper foot/ankle/knee mechanics. Please refer to www.surfstrengthcoach.com for regressions of balance work or contact me for a consultation.





Supine Lateral Ball Roll

Perform this exercise with a slow tempo and control your torso and pelvis. Resist rotation and maintain proper arm, hip, and back position. Begin with 6-8 repetitions per side, and progress to 10-12. You can also progress this exercise by increasing the amount of lateral movement.



Circuit B

-Lateral Lunge

-Pushup T Rotation

-Stability Ball Russian Twist

Another circuit of exercises that is developing leg strength and flexibility, core strength, upper body stability, and rotational core training. Perform each exercise immediately after the other. Rest for 90-180 seconds between circuits. When first starting this program, perform 1 circuit, and over time progress to 3-5 circuits.

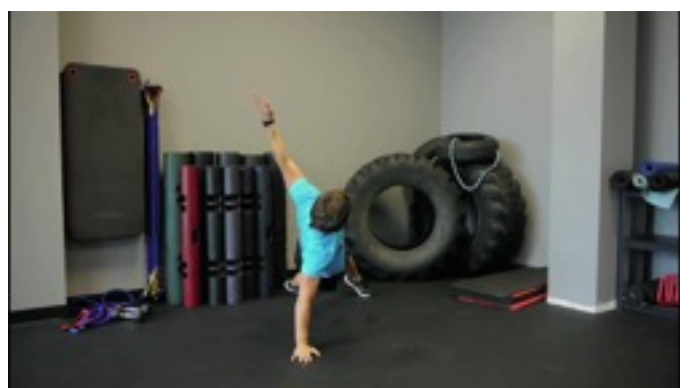
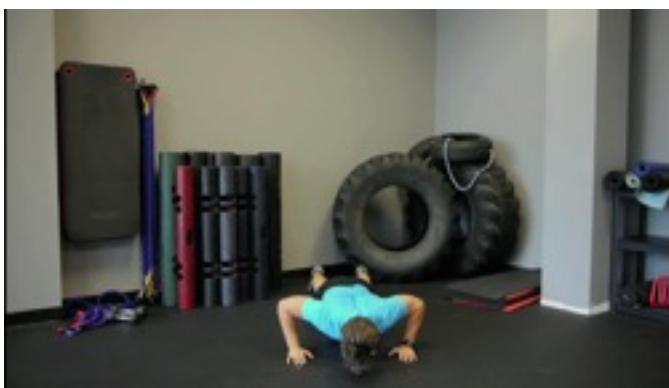
Lateral Lunge

Perform 8-10 reps per leg. Can progress with upper body rotation, or with movement.



Pushup to T-rotation

Perform as many repetitions with perfect form. Refer to the website for specific directions on improving your pushup and how to progress them for more popup training methods.



Stability Ball Russian Twist

Perform 8-12 repetitions per side. This movement can be progressed with weight, or with increasing the speed of rotation.



SHOULDER & PADDLING EXERCISE

Stability Ball Shoulder ATY's

Perform 2sets, progressing to 4sets overtime. The movement from the A position to T to Y should be slow and controlled. Perform the movement until proper form begins to diminish. Take 30 seconds rest between each set. The placement of the ball can increase or decrease the difficulty of this exercise. The closer to the feet the ball is placed, the more difficult the exercise. I would recommend have your feet placed against a wall for extra support.



Dynamic Balance Training & Nervous System Training

Foam Roll Balance

You should own a foam roller, and use it for more than balance work. A foam roller is a great tool to help loosen tight muscle tissue, help to restore flexibility, and great for those surfers that are dealing with some type of muscle pain and tension. Get in touch with me and we can design a flexibility program for you to use while on your trip and leading up to it, and go over specific muscle foam rolling techniques.

You could use an indo-board or something similar for this exercise as well. With this movement you're helping to develop ankle stability and foot strength, which are steps to having a more durable lower body.

Balance for sets of time, do squats, rotate, move, and train the switch stance too!



FOR A MORE DETAILED TRAINING PROGRAM, WITH MONTHS OF TRAINING, ALL LAID OUT IN VIDEOS AND MANUALS, CHECK OUT

WWW.SURFTRAININGSUCCESS.COM

FOR A DETAILED PROGRAM TO IMPROVE FLEXIBILITY, MOBILITY, AND PAIN RELIEF, CHECK OUT

WWW.STRETCHESFORSURFERS.COM