

SURF TRAINING SUCCESS



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Surf Training Success is a complete surf specific exercise training program. It includes all aspects of state of the art athletic development, and high performance training, all geared to specifically develop your body for the sport of surfing. This program, when followed properly and progressively, will develop all necessary physical traits to have you surfing better than ever, catching more waves, and laying down turns you didn't think you'd be able to. Surf more powerfully with more energy and endurance in the surf. Strengthen and stabilize joints to remain injury free, at the same time producing extremely powerful bottom turns and generating huge amounts of speed. Build muscular endurance to handle the long paddle outs on bigger days, and keep your body in top shape for those long sessions or grandiose surf trips. A more physically fit body will surf better, enjoy more time in the water catching more waves, and allow you to continue participating in the sport you love so much. Perhaps more importantly, it will build your body to be able to handle the stresses and strains of life and be a catalyst to boosting your overall health and wellness.

Surf Training Success is not a random assortment of crazy looking balance exercises, or basic gym movements, that are just thrown together with some reps and sets, as so many training programs unfortunately are. This training program is progressive and functional, meaning it is broken into different training phases that develop specific traits your body requires to perform at its best. Surf Training Success develops your body to progressively become more flexible, stable, strong, durable, and powerful. It will build your body to be able to move and perform the way a surfer's body should in order to surf well..

DISCLAIMER

Surf Training Success was created for the purpose of education and information; the reader should be cautioned that there is an inherent risk assumed by the participant with any form of physical activity. Any individual beginning the exercises contained in this video, or beginning any other exercise program, should first consult with a qualified health professional. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly, and may not be appropriate for everyone. Discontinue any exercise that causes discomfort and /or dysfunction and consult with a qualified medical professional. The instructions and advice presented are in no way a substitute for professional testing, instruction, or training. The creator of this program disclaim any liabilities or loss, personal or otherwise, in connection with the exercises and advice herein.

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EQUIPMENT

The movements found within the Surf Training Success Program can all be accomplished in the average gym setting and equipment found within it. There are NO MACHINE exercises other than a cable machine. You are a surfer, and you must strengthen your body in movement, not in isolated movements or fixed ranges of motions.

If you do not have access to a gym, or you're limited by equipment, you will find a list below of essential equipment to reap the full benefit of Surf Training Success

To Consider With Home Gyms: Surf Training Success uses specific repetitions for certain exercises. If you are utilizing a home gym, or a small training facility, you may not have the necessary weights to provide resistance and achieve the required number of repetitions for an exercise. DON'T WORRY! Just do your best with the equipment you have. Read more in the Common Questions section of this tutorial.

BASIC EQUIPMENT FOR HOME GYMS

- **TRX Suspension Trainer or Olympic Rings** (these can easily be made with a trip to the hardware store) A quick google search can provide you with directions to make your own suspension training device.
- **Dumbbells or Kettlebells**- varying weights depending on your strength levels and training experience.
- **Stability Ball**-make sure it's a high quality ball. The last thing you want to do is get injured during a workout from a ball exploding.
- **Workout Bands** - Workout bands do a good job of replacing movements within Surf Training Success that use a cable machine. Ideally you will have several workout bands of different tensions so you can progress through the workouts, and continue to develop strength and power.
- **Indo-Board, or Balance Boards**- while not utilized specifically in this program, I highly recommend these tools to improve overall balance, joint stability, and to have some fun! These are great pieces of equipment for anyone looking to improve their skills in the water.

Any movements utilizing the squat rack, like the Front Squats, can be accomplished with dumbbells being held in the proper position. The Body Bar Row exercise uses a squat rack, but can be accomplished TRX/Olympic Rings. Suspension training equipment can do a great job of replacing Body Bar Rows, and have so many other potential uses, that I would suggest you get a pair of them, or make a set!

SURF TRAINING SUCCESS COMPONENTS

What Is Included In The Surf Training Success Program

SURF TRAINING SUCCESS WORKOUT VIDEOS

The Surf Training Success program is comprised of 3 phases, with each phase including 2 complete surf specific workout programs. Each workout program (6 in total) has its own video which you can access online through the website. Each video gives full instruction for each individual movement, exercise, or stretch. You can easily follow along with your workouts, or watch beforehand to become acquainted with the movements. The videos correspond with the Workout Templates (see below for more detail on Workout Templates), which you will print out to follow along in the gym, and record your progress.

SURF-FIT PERFORMANCE MOBILITY DRILLS VIDEO

The movements in this video will help to improve overall flexibility, restore joint range of motion, increase your heart rate, and get your muscles and tissue moving. This series of movements helps to “activate” certain muscles that will help to stabilize joints, open up areas of tension that are limiting your flexibility, and improve joint range of motion that will help reduce injury. I highly advise that you use this before your surfs, or at least some portions of it. All too often I see people going in for a surf session without warmup up. That leaves a lot of opportunity for injury. This warmup is easy to follow, and hits all the necessary movements to get your body prepped for a surf session. I also highly advise that you **USE THIS BEFORE EVERY SINGLE WORKOUT.** This warmup sequence is a critical portion of the Surf Training Success Program. The movements within this sequence are essential for restoring your overall mobility and flexibility.

RECOMMENDATIONS FOR USE OF SURF-FIT PERFORMANCE MOBILITY DRILLS.

- Used Before Every Single Workout
- Used Before Your Surf Sessions
- Use between workouts or surf sessions or on days off. These drills are a great way to get movement into those tight muscles from heavy surfing or training in order to help repair and recover.
- Use in the morning to get your body “woken up” and ready for the day.

SURF-FIT RECOVERY SECRETS: Guide To Foam Rolling and Lacrosse Ball Tissue Work

Foam Rolling and Lacrosse Ball Tissue Work are a great way to help alleviate current aches and problems from old injuries. They are outstanding methods for improving flexibility. With these techniques, you are essentially helping to release chronically tight tissue, that may be full of adhesions and knots. These muscle adhesions and knots offset the proper movement of your muscles, which can negatively effect the way your joints move. Incorporating these two types of soft tissue work into your surf training program is a critical step towards getting your body to perform at its best in the water.

When beginning the Surf Training Success Program, I would recommend going through the entire sequence of tissue work, the whole video, so you can locate your “problem” areas. You could also divide this into 2 sections, to be done over 2 different days. Definitely go through the entire protocol though so you can become familiar with your particular areas of tenderness. Tenderness often indicates some type of tight or dysfunctional tissue. These areas will require some “attention” or work with the Lacrosse Ball or Foam Roller.

When you've found your areas that are tight, it's up to you to spend some time working on them. I recommend spending about 10-15minutes, 2-4 times per week. If you've currently got some aches and pains, you should devote a bit more time to the soft tissue work.

Two particular areas that just about all surfers should spend some time working on is the anterior and posterior shoulder. Some lacrosse ball work in the front of the chest, as well as the back of the shoulder (posterior rotator cuff muscles, trapezius, and rhomboids). Also, most surfers usually need some extra attention to foam rolling the latissimus dorsi muscles. Watch the video for details on working on these areas.

When To Use The SURF-FIT RECOVERY SECRETS: Foam Rolling and Lacrosse Ball

This tissue work, Foam Rolling and Lacrosse Ball Work would be used BEFORE the dynamic warmup if done on the same days as your training.

Foam Rolling can be done before your workouts if your gym has a foam roller. I also recommend spending some time on your days off using the foam roller. It's a great tool to help speed recovery between workouts and get in some extra time working on your problem areas. Don't you have 10 minutes to spare!? I would recommend purchasing a quality Foam Roller. I use mine all the time, and have clients use them often. They can be purchased online for quite cheaply. Foam Rolling your “problem” areas before your workouts can be quite beneficial in helping to restore proper length and quality of muscle tissue before beginning to strengthen it.

Lacrosse Ball Work can be done before your workouts, or on your days off from training. Just like the Foam Rolling, you would use this BEFORE your workouts and BEFORE your Dynamic Warmup.

Again, I recommend spending 10-15 minutes, 2-4 days per week, working on your problem areas. If you've got current aches, you may need to spend some more time to get everything loosened up and moving properly. Personally, on days off, I may spend a full hour just working on stretching and soft tissue work. It's up to find what your body particularly needs, but I must stress to not skip this part of the program.

SURF TRAINING SUCCESS PROGRAM KEY

DOWNLOAD AND READ THE PROGRAM KEY. It will give you the critical information and insight in to how to correctly read the Surf Training Success Workout Programs and Printable Workout Templates.

PRINTABLE WORKOUT TEMPLATES

These are the “KEY” to this program. PRINT THESE OUT, AND REFER TO THEM CONSTANTLY. These templates (you have one for each program), tell you how many Sets and Repetitions to perform, and how long to Rest. ALSO REFER TO THE PROGRAM KEY FOR INSIGHT ON HOW TO READ SURF TRAINING SUCCESS PROGRAMS. You will also need to record the weights you use, and how many Sets, and Reps you actually perform on these Templates. This will help you track your progress, and determine the necessary weights for future workouts.

PRINTABLE WORKOUT EXERCISE PICTURE MANUALS

These are easily printable, and quite convenient for you to take with you to the gym if you're unable to access the videos. These manuals offer pictures of every single exercise, as well as variations, for each individual exercise program. Exercise pictures are also listed in the correct order as your workout, so they are easy to follow along with your Workout Templates.

SURF TRAINING SUCCESS PHASES 1, 2, 3

PRECAUTION

Some of the movements within this program are rather advanced. If at any time, an exercise elicits pain or discomfort, stop the exercise immediately and consult a qualified professional.

Everyone's body is different in regard to its particular movement needs, flexibility requirements, as well as structural build and posture. Keep this in mind if an exercise is problematic or brings about pain. That particular movement or exercise may not be the best option for your body. If a movement hurts, don't do it. Simple. Seek out some professional guidance.

GROUPING OF EXERCISES TO SAVE YOU TIME IN THE GYM

All circuits are grouped so that minimal equipment is necessary per circuit. This allows you to be in one portion of the gym, or utilize just one primary piece of equipment, with perhaps dumbbells or a stability ball for one of the other exercises within the circuit. This way you can conserve time in the gym, and not have to run around the facility from equipment to equipment to accomplish one particular circuit. For example Phase 1 Program A Circuit 1 is comprised of: BG's, Yoga Plex, Supine Lateral Ball Roll, Yoga- Pushup. This entire circuit can be performed anywhere within the gym facility, or your garage, with only a stability ball. Another example Phase 2 Program A Circuit 2 is comprised of: Loaded Reverse Lunge, Foot Elevated Pushup- Bench or Stability Ball, Cable Chops. The primary equipment for this circuit would be a cable machine for the Cable Chops. You would simply bring over whatever dumbbells are needed for the Loaded Reverse Lunge, and you could easily bring over a stability ball for the Foot Elevated Pushup, or just use a bench nearby. The entire circuit can then be completed by the cable machine to keep you from running around the gym. All circuits are grouped like this to save you from hogging equipment, and for time-saving efficiency. Get in the gym, get in your workout, and then go home and eat some food!

SURF TRAINING SUCCESS PHASE 1

Phase 1 is designed to provide your body with a new stimulus, balance demands, flexibility requirements, and re-orienting your ability to properly control joints and use of stabilizer muscles. Some of the movements are reminiscent of yoga, while others are more similar to exercises you have performed before. All of the movements are aimed at developing the necessary balance, flexibility, and coordination to surf better, move more efficiently, and reduce potential for injury.

You will notice the majority of movements in Phase 1 are bodyweight. This is necessary to prepare you for strength development and use of weights in Phase 2 and power training in Phase 3. The use of only bodyweight resistance, becoming accustomed to controlling your joints, implementing higher rep schemes, and slower tempos is priming your "stabilizer" muscles to become more efficient and provides an "endurance" stimulus to the body. This will aid in not only injury prevention, but also preparation for more strength development and power development in later phases. This is all for the benefit of stronger turns in the surf, more energy, better leg power for power surfing, more endurance through the shoulders, and simply have a more surf-ready body. Without this critical step of "stabilization" training, and flexibility improvement, there is much potential for injury not only in the gym, but also the surf..... which is no good.

You may find that Phase 1 isn't as demanding as you may have thought, or feel that it was not tough enough of a workout. The serious training will come in later phases, I promise. Phase 1 is not designed to kick your butt. It's goal is to restore proper movement patterns, loosen up stiff joints, and re-orient yourself with your body and how it should move. If you're looking for some extra push during Phase 1, I would recommend a few things. Intervals on a Row Machine is great for overall conditioning. Jump Rope intervals are also a great training method. Some other options would be some swimming, sprint runs outside, or even some biking. Definitely get in some surfing!

SURF TRAINING SUCCESS PHASE 2

Phase 2 begins what most people would call “Strength Work” in a circuit exercise format. This phase uses a variety of movements with resistance, meaning you will be using weights. You will see there are no dumbbell curls, or isolation training exercises. All of these movements are full-body strength movements, to teach your body how to once again move efficiently, and strongly. This phase will develop overall functional strength, while at the same time, helping your body to move more efficiently, and continue to improve flexibility. This is exactly what your surfing needs, movement, and strength in movement. It is in this phase that you see a lot of weights coming into use and continued use of exercise circuits. This style of training is going to produce drastic changes in your strength, endurance, and stamina. Improvements in these functional categories, and your ability to be strong for a long period of time, is going to make drastic improvements in your abilities in the surf.

USING WEIGHTS IN PHASE 2

Again, this phase uses weights. You must use caution with all of these movements, especially if they are new to you. Start with a lighter weight and make sure you have perfect form with the exercise and become familiar with the movement. Once you have become familiar with the exercise, it is time to find the correct weight for you to use. Refer to the exercise program and find what number of reps you need to achieve for that particular exercise. You may at first need to experiment to find what weight you need to use in order to perform the required number of reps (repetitions). For example, Phase 2, Program A, Exercise B1, Loaded Reverse Lunge, requires 12reps in week 1. Make an educated guess as to what weight you can use that lets you PERFECTLY execute 12 reps and give it a try. If you perform 15reps, you would need a slightly heavier weight so you would not be able to perform as many reps. If you only achieved 8 reps with perfect form, then you would need to use a lighter weight so you would get the assigned number of 12reps. This will become much easier for you as time progresses. The first week will take a little experimentation to find the correct weights or resistance needed for the exercises. Be sure to write down the weight used in the empty “SET” columns, as well as the actual reps you complete on your empty workout template pages that you have printed out. You will likely not use the same weight for each Set to achieve the correct number of Reps as you become fatigued, so you will need to fill in this information to keep track. This way, the following week there is no guesswork as to what weights to use. Recording the information will also help you keep track of your progress.

PHASE 2 MUSCLE ACTIVATIONS, MOBILIZATIONS AND STRETCHES

Phase 2 also incorporates muscle activations, mobilizations, and stretches in between circuits, or within circuits. These movements are not only allowing you to get a brief rest, but also helping to “turn on” certain muscles that are often weak, or stretch muscles that are often too tight. These muscles that are too weak, or too tight, can often contribute to injuries, chronic aches, or lead to injury down the road.

SURF TRAINING SUCCESS PHASE 3

Phase 3 is the culmination of surf specific athleticism. You are now integrating all of the strength, flexibility, and power that you have developed, and beginning to use all of those physical attributes for a longer period of time. Phase 3 utilizes circuit training to truly prepare your body for what it needs to accomplish in the surf while still using dynamic and functional movements to keep your body truly prepared for the water.

Phase 3 incorporates plyometric power training, dynamic full body strength movements, and metabolic conditioning. Power training enhances your body's ability to produce force quickly and rapidly, which directly carryovers to maneuveres, turns, and pop-ups in the water. If you hadn't developed stability and strength in Phases 1 & 2, your body wouldn't be truly prepared for this phase of power training. The metabolic conditioning you develop from the circuit format of this phase will prepare your body to handle the long paddle outs, stay energized and strong for those epic days where you're in the water for 6 hours, and give you a level of conditioning you haven't had previously.

HOW TO STRUCTURE YOUR WORKOUTS

HOW MANY WORKOUTS PER WEEK?

IF THERE IS SURF... THEN GO SURF!

This program is designed to build a body that has all the athletic attributes someone needs to surf well. With that being said, another vital aspect of performance surfing is spending time in the water. **If there is surf, forget the training and get in the water!** When there is swell, spend as much time as you can in the water... practice, practice, practice, and have some fun. You can still workout if you'd like, but take the intensity down a few notches. Definitely still spend some time working on the Performance Mobility Drills and Recovery Secrets when you're surfing rather than training. Those portions of tissue work and mobility work will help your body recover, remain pain free between surf sessions, and help speed the progress and gains this program will deliver. Once the swell has gone, get back into some heavier training and stick with the plans that are laid out in the workout manuals.

HOW MANY WORKOUTS PER WEEK

My advice, is try to get AT MINIMUM, 2 workouts per week. 3 workouts per week would be great, and 4 would be the max. Personally, I like to workout 3 times per week. Remember, you must find some time for Surf-fit Recovery Secrets and Performance Mobility Drills as well, or your improvements will be limited.. With that being said, there are a few rules to follow for the program, whether or not you are getting 4 workouts per week, or only 2.

HOW TO STRUCTURE YOUR WORKOUTS

Rule 1. Alternate Workout Programs A & B

Each Phase is composed of 2 Workout Programs, A Program and B Program. THESE PROGRAMS ARE MEANT TO BE ALTERNATED for a total of 16 workouts. You would perform Program A, and the next time you workout you would use Program B. If you refer to the Workout column on the Workout Templates, you will see how the workouts are designed to be alternated, this being indicated by the Workout Number 1,2,3.....16. No matter how many workouts you get each week, just follow along with the Workout Templates. Also, make sure you rest between workouts (days off from training) when your body feels like it needs to rest. Your body will need to repair and recover. Days off are a great time to Foam Roll, Lacrosse Ball your tight areas, and work on mobility.... and eat some good food!

Rule 2. Each Phase requires 16 total workouts, 8 of Program A, and 8 of Program B

This is easily indicated and followed on your Workout Templates. The workout numbers are given to you. Start with workout 1 (program A), and for your next workout, use workout number 2 (program B), and continue until all 16 workouts have been completed. If referring to the Workout Templates, you'll notice your workouts have varying Sets and Reps for each individual workouts. Workouts 1 and 3 will have different Reps and Sets from workouts 5 and 7, or 6 and 8. This is important for progression and development of a stronger more functional body. So just stay on track, follow the Workout Templates, record your numbers, and everything is groovy.

Rule 3. No matter how many workouts you get per week, just continue following the plan laid out by the Workout Templates.

Your Phase 1 Plan looks like the following (simply laid out for you)

- Program A (Workout 1)
- Program B (Workout 2)
- Program A (Workout 3)
- Program B (Workout 4)
- Program A (Workout 5)
- Program B (Workout 6)
- Program A (Workout 7)
- Program B (Workout 8)
- Program A (Workout 9)
- Program B (Workout 10)
- Program A (Workout 11)
- Program B (Workout 12)
- Program A (Workout 13)
- Program B (Workout 14)
- Program A (Workout 15)
- Program B (Workout 16)

Assigned Reps, Sets, Tempos, and Rest, will vary from workout to workout, so pay attention to the Workout Templates for correct numbers.

It is up to you how quickly you progress through the Phase. I recommend at least 2 workouts per week, with 4 being about the maximum. On average, a Phase takes about 6 weeks to complete. If it takes you longer, that is fine, just stick with the program, tracking reps, and progressing your workouts.

HOW TO READ THE WORKOUT TEMPLATES

***First Read The Surf Training Success Program Key, Then Go Through The Example Below.**

I want to give you an example of how to read the program. Also, I want to again remind you, the Surf Training Success Program Key gives valuable insight into reading these programs. The following exercises are from Phase 1

A1) BG's – Single Leg Stance with Cross Body Arm Movement*

Workout	Sets	Reps	Rest	Tempo
1, 3	2	10/leg	0	control
5, 7	2	12/leg	0	control
9, 11	3	10/leg	0	control
13,15	3	12/leg	0	control

Set 1	Set 2	Set 3

A2) Yoga Plex*

Workout	Sets	Reps	Rest	Tempo
1, 3	2	3/side	0	control
5, 7	2	4/side	0	control
9, 11	3	4/side	0	control
13,15	3	4/side	0	control

Set 1	Set 2	Set 3

A3) Supine Lateral Ball Roll*

Workout	Sets	Reps	Rest	Tempo
1, 3	2	6/side	0	222
5, 7	2	8/side	0	222
9, 11	3	6/side	0	212
13,15	3	8/side	0	212

Set 1	Set 2	Set 3

A4) Yoga Pushup*

Workout	Sets	Reps	Rest	Tempo
1, 3	2	-2	45s	control
5, 7	2	-2	45s	control
9, 11	3	-2	60s	control
13,15	3	Form Fail	90s	control

Set 1	Set 2	Set 3

As indicated by the exercise Lettering and Numbering, this is a Circuit of exercises. Let's assume this is your first workout for Phase 1, so refer to Workout #1 for necessary Reps, Sets, Tempo, and Rest for each exercise within the circuit.

Exercise A1 (BG's) for Workout #1 indicates 10 reps per leg, for 2 sets, with 0 seconds rest. 2 Sets indicates you will perform this exercise 2 times total, for 10 reps with each leg, BUT, it is part of a circuit with exercise A2, A3, and A4. Notice all Rest periods are 0seconds for all exercises, Except for A4(yoga pushup) which has a 45second Rest. Since this is a circuit of exercises, you perform each exercise, one after the other, with the assigned Reps for

each exercise, until the circuit is completed, and then take the assigned 45second Rest period. You have just completed your first Set of each exercise, and completed one full Circuit. Since Workout #1 requires 2 Sets of each exercise, this means you would perform 2 complete Circuits.

Example: Circuit, A1 performs 10reps per leg, A2 perform 3 reps per side, A3 performs 6 reps per side, A4 performs -2reps per side, then take a 45second rest. Workout #1 requires 2 sets per exercise, so the circuit must be performed again.

Take a look at Workout #9 from the above example. It requires 3 Sets of each exercise, and it is in a circuit formation, so this indicates you would perform 3 full circuits with the assigned Reps and Rest periods

ANOTHER EXAMPLE

The following template is from Phase 2 Program A

D1) Humans / Rhomboid Pulls

Workout	Sets	Reps	Rest	Tempo
1, 3	2	16	0	212
5, 7	2	14	0	212
9, 11	2	12	0	212
13,15	2	20	0	212

Set 1	Set 2	Set 3

D2) Forward Ball Roll / Ab-Wheel*

Workout	Sets	Reps	Rest	Tempo
1, 3	2	-2	60s	control
5, 7	2	-2	60s	control
9, 11	2	Form Fail	60s	control
13,15	2	Form Fail	60s	control

Set 1	Set 2	Set 3

As you can see by the Lettering and Numbering, it is in circuit format, or mini-circuit since it has only 2 exercises. Lets look at an example for Workout #11. D1(Humans) requires 12Reps, 0seconds Rest, and 2Sets... but remember, it is part of the circuit, so the Sets # indicates 2 full circuits. D2(Forward Ball Roll) requires Form Fail Reps, with 60seconds rest, for 2Sets... or circuits. So, you would already know your necessary weight for D1 from previous workouts. You would perform 12 reps, and then immediately go to the D2 exercise for Form Fail Reps, and then Rest 60seconds. Since that was only the first Set or circuit, you would perform the exercises again to complete the second circuit, thus finishing your 2Sets.

TRACKING PROGRESS & DETERMINING WEIGHT SELECTION

Surf Training Success is a program that will change the way your body moves and how strongly your body moves, on land and more importantly, in the water. It will progressively develop your body. You **MUST** accurately track your reps (repetitions) performed, weights used, and sets performed on the printable Workout Templates. This is essential so that you can continuously progress, and increase weights when necessary.

WEIGHT SELECTION

This program requires that you use weights. I ask that you be responsible with your weight selection, and strictly adhere to PERFECT Rep Form. If you can't lift a weight with PERFECT FORM, YOU SHOULDN'T BE LIFTING IT.

When attempting a new movement, familiarize yourself with that exercise using your body weight, or a very light weight. Become comfortable with the movement, lock in perfect form, and now it is time to find the correct weight for you to use. Refer to your Workout Template, and find the assigned number of Reps. Make a good estimate of the weight you would need to achieve the assigned Reps. Give it a try, and remember, PERFECT FORM. If you perform MORE than the assigned number of Reps, you need to use a Heavier weight, so use one a few pounds heavier for the next Set. If you perform LESS than the assigned number of Reps, you need to use a Lighter weight so you will be able to achieve more Reps on the next set.

*Be sure to record the amount of weight used and the number of reps you achieve. Empty Set columns have been provided on the Workout Template for you to record this information.. I usually write something like 45# x 12. This means 45lb weight for 12 Reps. The first week of new workouts will take some adjustment to find the necessary weight to use, but as long as you RECORD and TRACK your information, the following weeks will be easy to determine weights.

I'll give you an example of recording weights and reps, or the method that I prefer. Below you'll see one exercise from a circuit from Phase 3 Program A. Notice there are 5 empty columns, Set 1-5. This is provided for you to record your workout details. Notice in Workout 1 and 3, only 3 Sets are required, so you won't use every column (unless you want to). Workouts 9 and 11 will be using all columns due to 5 Sets being required.

A2) Dumbbell Overhead Press with Rotation*

Workout	Sets	Reps	Rest	Tempo
1, 3	3	14	0	control
5, 7	4	12	0	control
9, 11	5	10	0	control
13,15	3	14	0	control

Set 1	Set 2	Set 3	Set 4	Set 5

Since there are 2 Workouts required per Rep/Set assignment, you will likely have 2 rows of numbers in the empty Set columns. On the next page you'll see how I filled in examples as if I just completed Workout #1.

A2) Dumbbell Overhead Press with Rotation*

Workout	Sets	Reps	Rest	Tempo
1, 3	3	14	0	control
5, 7	4	12	0	control
9, 11	5	10	0	control
13,15	3	14	0	control

Set 1	Set 2	Set 3	Set 4	Set 5
25#x14	#30x14	#30x14		

For Set 1 I used 25pound dumbbells for 14 reps. Set 2 I used 30pound dumbbells for 14reps, and the same for Set 3. Recall, this exercise is part of a circuit, so the “sets” are completed within the full circuit.

A2) Dumbbell Overhead Press with Rotation*

Workout	Sets	Reps	Rest	Tempo
1, 3	3	14	0	control
5, 7	4	12	0	control
9, 11	5	10	0	control
13,15	3	14	0	control

Set 1	Set 2	Set 3	Set 4	Set 5
25#x14: 30#x14	#30x14 : #35x14	#30x14		

In the example above, I just recorded my reps and weight for Workout #3 for Set 1 and Set 2. I find this to be the most simple method. Just recall that the first column of numbers corresponds with Workout #1, and the second column of numbers corresponds with Workout #3, and so on for each Workout.

NOTE: it will be very likely that you will not use the same weight for each assigned Set. As you become fatigued, you will likely need to use a lighter weight to achieve the same number of Reps, or however many Reps are assigned. (Refer to your Printable Workout Templates for assigned Reps and Sets). As you become stronger and progress through this program, you will likely need to increase the amount of weight used. This is because you are getting stronger!

COMMON QUESTIONS

WHAT IF YOU DON'T HAVE ENOUGH TIME TO COMPLETE THE ENTIRE WORKOUT

-If time becomes an issue, and you prefer to have a time-saving condensed training session, you have two options.

REDUCE THE TOTAL NUMBER OF SETS

1. You could reduce the number of sets, for all exercises, by half or more. While this can potentially retract from some of the strength gains, and endurance, you can still get an incredibly efficient workout, build flexibility, strength, and efficient movement. For example, you could do each exercise within the particular phase for one set rather than the assigned sets. This will save time, but still hit all exercises. Or another example would be to perform the primary circuits only one or two times through, and the supplemental single exercise work performed for only one set.

PERFORM ONLY THE PRIMARY FOCUS EXERCISES

2. Each program has exercises marked with this symbol(*). The movements marked with that symbol are the primary focus of that particular phase and program. If time constraints are necessary for your training session, you can utilize those particular movements, and still achieve tremendous benefit. If time permits, try to perform at least one set of the movements not marked with (*), or one set of the supplemental exercises. Even if you have to choose only one, it's still going to benefit you. Each particular exercise or movement has some direct benefit to your body, and its ability to surf.

WHAT IF YOU'RE MISSING CERTAIN PIECES OF EQUIPMENT

The large majority of movements used within this program use equipment that can be found in the common gym setting. If for someone reason you don't have access to that equipment, or if by chance the equipment you need is being used, then you really just have to do your best. For example, in Phase 2, Program B, Circuit 3, a Stability Ball Chest Press is used. If you don't have a stability ball, then you could use a bench. If a bench isn't available, utilize some other “pressing” movement. Even a pushup would suffice. In Phase 1, Program A, Circuit 2, an Alternating Cable Pull is used. If a cable machine isn't present, you could use some type of band pull, or even a bent over dumbbell row. The take home point is this: Do your best to accomplish the majority of the movements, and if not exactly as prescribed in the program do your best to use an exercise as close as possible. Substitute a “pulling” movement for a pulling movement, or a “pressing/pushing” movement for other pressing/pushing movements, or a core exercise for another core exercise.

WHAT IF YOU CAN'T ACHIEVE THE ASSIGNED NUMBER OF REPS?

The only time this is an issue, is with the body weight movements. If you can't achieve the assigned Reps for a bodyweight movement, a pushup for example, simply do your best, with PERFECT FORM, and record your Reps on the Workout Template. From that point on, just keep progressing and getting stronger! If you're unable to achieve the assigned number of Reps with one of the exercises involving dumbbells or cables, you need to use a lighter weight so you can achieve the correct number of Reps.

WHERE'S THE BALANCE TRAINING, AND STANDING ON A STABILITY BALL?

Surf Training Success does not include specific unstable surface balance training within the program. Quirky balance training methods and equipment has its place in surf training, but not here in this program. I ABSOLUTELY recommend you use some type of carryover balance training during this surf training program. Skateboarding, longboard skateboarding, Indo Board, Stand-Up Paddleboarding, are all really great options to keep your nervous system primed and train your equilibrium reflexes. Get in some surf time during this program and really train your surfing balance!

There are certain applications where a surfer should be training by standing on a stability ball and doing medicine ball throws or something like that, but this program aims to accomplish other things. With improved stability, strength, leg power, core control, and agility you develop with Surf Training Success, the carryover and improvement to your surfing will be awesome. The physical adaptations from training, combined with the occasional balance training stimulus you get doing enjoyable activities like skateboarding or Indo-Board training, will tremendously benefit your body and your surfing.

Besides, there is substantial single leg training within the Surf Training Success Program. This type of leg and integrative core training delivers massive benefits in strength, stability, power, and also balance. Single Leg training, utilized throughout the Phases of this program, is also a highly efficient method of developing a more injury resistant lower body. It also aids in strengthening previous injuries, and developing a much stronger and powerful lower body.

So, get out on a skateboard, buy an Indo-board, or get on a SUP, and train for some balance. Leave the rest of your surf specific strength development to the program.

Now Start Training.