

# THE SURFER'S WORKOUT

GAIN EXPLOSIVE POWER AND CORE STRENGTH – OUTSIDE OF THE GYM!

Surfing is a dynamic activity that demands a lot from different parts of the body. To perform high scoring manoeuvres, pros have to tweak their frames into a series of odd positions and then recover fast so they can flow straight into the next move. High performance surfing success requires a mix of explosive power and potent core strength all while staying as flexible as elastic. These moves all simulate some part of a surfing movement and the strains it puts on the body. And – even if you plan on never leaving the beach – this functional, all-body conditioning strategy will make you boardshorts-ready. Best of all? You never have to see the inside of a gym. All that's needed are dumbbells and an exercise ball.

## DIRECTIONS

The aim is to develop upper-body, lower-body and core strength while improving flexibility, so the pros use very light weights in the moves that call for dumbbells. Alternate sessions and do each twice a week. Make sure you do at least one cross-training, cardio session (such as tennis, touch rugby, trail running, mountain biking or surfing) as well. Start each session with at least 10 minutes on a spinning bike or treadmill to make sure you're properly warmed-up. (Advanced guys can throw in two, two-minute intervals at 80% in the last five minutes. Spin lightly for a minute between each.) Finish the session with a cool-down of static, but functional stretching (target your arms, shoulders, core area and legs). Change the order of moves in the sessions to keep things interesting.

## SESSION ONE EXPLOSIVE BODY POWER



1

### Dumbbell Jump Squats

Hold a pair of dumbbells at your sides, your palms facing each other. Stand with your feet shoulder-width apart. Lower your body by pushing your hips back and dipping your knees. At the bottom of the squat, jump explosively as high as you can. Make sure you activate your calves and spring off the balls of your feet. Absorb the landing into your knees and use the downward motion to reset. Perform the reps in fluid motion. (3 sets of 10 reps each)



2

### Lateral Obstacle Jumps

Find an obstacle that's raised 20 to 30cm off the floor. Stand parallel to the obstacle with your feet about 10cm apart and your arms slightly bent in front of you. Bend your knees, push your hips back and keep a slight hollow in your back. Jump explosively sideways over the obstacle using your arms and legs. Absorb the shock in your knees when you land and use the momentum to start the jump back. Do this for 30 seconds. That's one set. (3 sets)



3

### Walking Dumbbell Lunges

Hold a pair of dumbbells next to your sides, palms facing each other and feet shoulder-width apart. Step forward, landing heel first and lower your knee to 90-degrees. (Take a big enough step so your knee doesn't extend over your foot.) Keep a hollow in your back and your arms static. Instead of stepping back as with a regular lunge, step forward with your other foot. Progress to explosive walking jump lunges. (3 sets of 10 reps per leg, each)



4

### Explosive Push-ups

Get into a conventional push-up position, making sure your hands are shoulder-width apart and your legs and back are in a straight line. Lower yourself as you would for a standard push-up, but push as forcefully as you can, exploding off your hand so that they leave the floor on each rep. Land, using the momentum to carry you down into the next rep. Repeat. (3 sets of 15 reps each)



5

### Mixed-grip Pull-ups

Hang from a bar with your hands slightly wider than shoulder-width apart, one palm facing towards your body and the other facing away. Pull your chest to the bar and pause. Then slowly lower yourself to the starting position. Swap sides for the next set. (2 sets of 10 reps each)

## SESSION TWO CORE STRENGTH



6

### Stability Ball Plank

Bend your elbows and position them shoulder-width apart on a stability ball. Now get into a conventional push-up position, resting your weight on your forearms. Your body should form a straight line from your shoulders to your ankles. Brace your core by contracting your abs as if you were about to be punched in the stomach. Hold this position for 30 seconds, that's one set. Push yourself until you can do sets of a minute long. (3 sets)



7

### Side Plank

Lie on your left side with your knees straight. Prop your upper body up on your left elbow and forearm. Brace your core by contracting your abs. Raise your hips until your body forms a straight line from your ankles to your shoulders. Breathe deeply for the duration of the exercise. Hold this position for 30 seconds. That's one set. Turn around so that you're lying on your right side and repeat. (3 sets per side)



8

### Stability Ball Back Extensions

Lie with your stomach on the ball. Place your legs shoulder-width apart, knees slightly bent for support. Place your hands on each side of your head in a kind of reverse crunch position. Curl your chin towards the ball then extend up, bringing your elbows back. Extend your arms out to the side for an advanced move. (3 sets of 10 reps each)



9

### Stability Ball Pike

Assume a push-up position with your feet resting on an exercise ball, your body in a straight line from toes to shoulders. Keep your back straight as you contract your abs, raise your hips as high as you can, and roll the ball towards you. For an easier version, pull your knees up to your chest without raising your hips. Graduate to adding a push-up to the end of the move. (3 sets of 10 reps each)



10

### Stability Ball Leg Curl

Lie on the floor with your feet resting on a stability ball and arms outstretched. Raise your hips off the floor until your body is in a straight line from your shoulders to your ankles. Pause, then bend your legs to roll the ball towards you until the soles of your feet are on the ball (your shoulders and ankles should still be in a straight line). Straighten your legs to roll the ball away from you, and then lower your body to the floor. (3 sets of 10 reps each)