

TOTAL SURFING FITNESS

**Fitter, Stronger,
Less Fatigue, More Waves**



**Functional Training
for Surfers - Level 3**

**Clayton Beatty BSc MA AESS
www.TotalSurfingFitness.com**

About Clayton Beatty & Total Surfing Fitness



My name is Clayton Beatty and I specialize in functional fitness training programs for extreme sport athletes.

I am a Certified Fitness Trainer with a BSc Human Movement Degree from the University of Western Australia. I am also an Exercise Scientist Member of the Australian Association for Exercise and Sports Science (MAAESS).

Like yourself, I have a passion for surfing and I am using my expertise to help other surfers perform at their peak.

Total Surfing Fitness is your complete functional training guide to help get your body in the best physical condition to hit the surf.

Please email me your feedback on how Total Surfing Fitness improves your surfing.

See you in the surf...

Clayton Beatty BSc CPT
The Extreme Sport Fitness Coach

Disclaimer

Before you start this exercise program you must get your doctor/physicians approval. This product is for informational purposes only and is not meant as medical advice, nor is it a substitute for medical advice. This program is designed for fit and healthy individuals over the age of 18 only.

Performing exercise of all types can pose a risk to the exerciser. We advise that you should take full responsibility for your own health and safety. Before exercising make certain your equipment is in good condition and be sure to know your own physical limits. Adequate warm up and cool downs should be undertaken before and after any exercise.

Do not perform any of the exercises in this program until you have been shown proper technique by a qualified fitness professional. If you experience any pain, discomfort, lightheadedness, dizziness or you become short of breath, stop exercising immediately and consult your doctor/physician.

Total Surfing Fitness – Level 3 Instructions

This is the third 4 week functional strength program.

Stay on the Level 3 program for at least 4 weeks and you should have your body in peak physical condition for surfing.

Workouts

- These should be performed 3 times per week with a rest day between workouts.
- If you are surfing 3 or more days per week, you may want to cut the strength workouts down to 2 days per week so you don't burn out.
- Alternate between A and B workouts. For example in week 1 you will do Workout A, Workout B, Workout A, then in week 2 you will do Workout B, Workout A, Workout B.
- Never skip the dynamic warm-up at the start or stretching at the end, as this will increase the likelihood of injury. If you are pressed for time, cut down on the middle part of the workout instead.
- Workouts are broken into supersets. A superset is where you complete consecutive exercises with little to no rest in between. You then rest after the superset is completed before repeating the superset another time (so you have done each superset twice). Each of the supersets in this program have 3 exercises.
- Rest periods after each superset should be approximately 1-2 minutes.
- Perform all strength exercises in a controlled manner (1-2 seconds each movement of the exercise). Eg Stability Ball Shoulder Push-ups – 2 seconds to lower your body and 1 second to push back up.
- Choose a weight that is challenging. You shouldn't be able to do more than one or two more repetitions at the end of a set.
- Concentrate on perfect technique – 6 reps with perfect form are better than 8 reps with poor form.
- There is an exercise directory at the back of the manual with all the exercise photos and descriptions.

Advanced Training Tip – If you are experienced at strength training, and have extra time and energy to train each workout, you may want to try doing 3 sets of each superset instead of only 2. Warning: We only recommend this is for surfers who have previous strength training experience (at least 6 months) and are serious about training.

Weekly Training Schedule

Your weekly training schedule should include:

- 2 – 3 Functional Strength Workouts
- 2 – 3 Cardio Workouts

Cardio workouts can include interval training (running, riding, swimming), surfing or other sports.

See the Total Surfing Fitness - Cardiovascular Training Manual for more cardio training workouts.

Your weekly training schedule will look something like this:


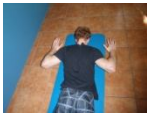










Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Surfing Fitness Workout A	Cardio	Total Surfing Fitness Workout B	Cardio / Surfing	Total Surfing Fitness Workout A	Surfing	Rest
Total Surfing Fitness Workout B	Cardio	Total Surfing Fitness Workout A	Cardio / Surfing	Total Surfing Fitness Workout B	Surfing	Rest
Total Surfing Fitness Workout A	Cardio	Total Surfing Fitness Workout B	Cardio / Surfing	Total Surfing Fitness Workout A	Surfing	Rest
Total Surfing Fitness Workout B	Cardio	Total Surfing Fitness Workout A	Cardio / Surfing	Total Surfing Fitness Workout B	Surfing	Rest

Please feel free to be flexible with your training schedule depending on your current exercise levels and your time spent surfing and doing other sports. The last thing you want to do is overtrain and injure yourself.

Total Surfing Fitness - Dynamic Warm-up

Do this dynamic warm-up before any of the Total Surfing Fitness workouts.

Complete the following warm-up circuit once through without resting between exercises.

Exercise	Reps
 Split Squat with Rotation	8 / side
 Lying Stick-ups	8
 Glute Bridge	8
 T - Push-ups	8 (4 per side)
 Bird Dogs	8 / side
 Bodyweight Squats	8
 Aeroplanes	8 / leg
 Spiderman Climbs	8 / side
 Lateral Squats	8 / side
 Shoulder Circles	8 / direction
 Hip Circles	8 / direction
 Paddle Pop-ups	8 (4 per direction)




Total Surfing Fitness – Level 3, Workout A




Warm-up




- Complete the Total Surfing Fitness - Dynamic Warm-up before you commence the workout.

The Workout

- Complete each superset 2 times, before moving on to the next superset.
- Complete the three exercises within each superset with minimal rest.
- Rest for 1-2 minutes after each superset.

Superset 1 (Complete 2 times)		Reps
	Power Push-ups	10-15
	Straight Leg Deadlift	10
	Stability Ball Bridge Rollouts	10-15

Superset 2 (Complete 2 times)		Reps
	Squat, Curl & Press	10
	Single Leg Reverse Flyes	5 / per leg
	Stability Ball Hip Flips	8-10 / direction

Superset 3 (Complete 2 times)		Reps
	Single Leg Single Arm Dumbbell Rows	8-10
	Turkish Get-ups	4-6 per side
	Stability Ball Balance Circles	10 / direction

Cool Down – Complete the Total Surfing Fitness - Stretching Sequence




Total Surfing Fitness – Level 3, Workout B

Warm-up




- Complete the Total Surfing Fitness - Dynamic Warm-up before you commence the workout.




The Workout

- Complete each superset 2 times, before moving on to the next superset.
- Complete the three exercises within each superset with minimal rest.
- Rest for 1-2 minutes after each superset.

Superset 1	(Complete 2 times)	Reps
	180 Squat Jumps	6-8 per direction
	Overhand Pull-ups*	max
	Stability Ball Break Dancers	8-10 / leg

*Alternative – Do 10 reps of Dumbbell Rows (elbows out)

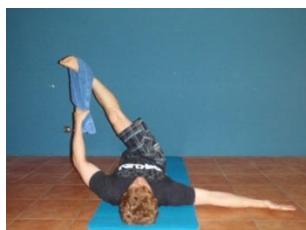
Superset 2	(Complete 2 times)	Reps
	Bulgarian Split Squats	8-10 / leg
	Stability Ball Jack-knife Push-ups	10-20
	YTWLs	10 -15 reps / position

Superset 3	(Complete 2 times)	Reps
	Single Leg Deadlift	8-10 / leg
	Stability Ball Shoulder Push-ups	10-20
	Stability Ball Side Bridge	30 seconds

Cool Down – Complete the Total Surfing Fitness - Stretching Sequence

Total Surfing Fitness – Stretching Sequence

- Perform each of the stretches shown below.
- Hold stretches for 20-30 seconds.
- Hold stretches only to the point of tension (you should not feel pain).
- Repeat stretches on muscle groups that are especially tight.



Exercise Directory

On the following pages is a directory of the exercises used in the workouts. If you are unsure of how to perform any of the exercises correctly, make sure you get instruction from a qualified fitness trainer.

When performing exercises it is extremely important to have a good technique. Remember - it is better to perform 6 reps with perfect technique than to perform 8 reps with poor form.

Whilst doing the exercises, make sure you adhere to the following principles:

Bracing your core

When performing all of the exercises you will need to remember to brace your core.

This means you are activating the muscles around your abdominals and lower back. It will help prevent lower back injuries, increase core stability & strength and promote good posture.

To brace your core simply tense your abdominal muscles as though someone was going to punch you in the stomach. Make sure you maintain a normal breathing pattern.

Another good cue is to remember to stay tall through your torso. By “staying tall” you should automatically adopt this position.

Good posture

For most of exercises (especially those done in a standing position) you will need to maintain good posture.

This means bracing your core, keeping your chest up, shoulders back & down and neck straight. Stand up and practice this position so you know how it feels.

Do your best to maintain good posture throughout your workout.

Level 3, Workout A

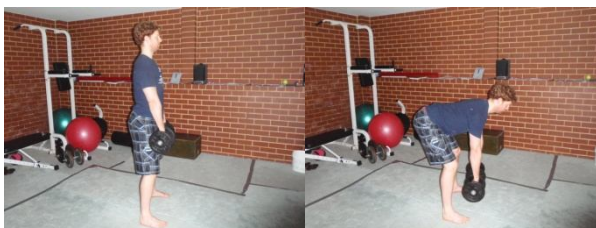
Power Push-ups (Clap Push-ups)

- Perform push-ups, but explode into the air and clap your hands each push.
- Make sure you keep your core braced throughout.
- You can perform these on your knees as well if it is too hard from your feet.



Straight Leg Deadlift

- This exercise is a deadlift performed with straight legs.
- Start with your feet shoulder width apart and a dumbbell in each hand in front of your thighs.
- Keeping your core braced, back straight and legs straight (but don't lock your knees out), bend forward from your hips until your hamstrings are too tight to lower any further (most people won't be lowering all the way to the ground).
- Slowly pull back up to the start position and repeat for the required reps.
- Do not lift too heavy to begin with to make sure your technique is perfect.



Stability Ball Front Bridge Rollout

- Rest your forearms on the stability ball and brace your core keeping your body straight (like a normal stability ball bridge).
- Use your forearm / elbows to roll the ball away from you (only a few inches) until you feel your core start to work really hard.
- Hold this position for a few seconds then roll the ball back in.
- Repeat for the required repetitions.



Squat, Curl & Press

- This exercise is essentially three exercises combined – dumbbell squat, bicep curls and shoulder press.
- Start with a dumbbell in each hand by your sides. Perform a dumbbell squat and then once you are standing again, curl the dumbbells up to your shoulders and then press them overhead. That is one repetition.
- Perform the required number of reps making sure you brace your core throughout.



Single Leg Reverse Fly

- Start standing on one leg in a slightly bent over position with your knee bent, back straight and core braced.
- Keeping your elbows slightly bent, lift the dumbbells out to the side using your back and rear shoulder muscles, before slowly lowering back down.
- Repeat for the required reps on one leg and then do the same on the other leg.



Stability Ball Hip Flips

- This exercise will challenge your rotary strength.
- Start in a push-up position with your knees / thighs on the stability ball.
- Making sure you keep your core braced, rotate your hips one direction until the side of your knee is on the ball, then rotate back in the opposite direction until your other knee is on the ball. Basically you are flipping from side to side.
- Start slowly and gradually increase the speed as you get more confident.



Single Leg Single Arm Dumbbell Rows

- This exercise will challenge your balance, core stability and build arm and back strength.
- Stand on your left leg while holding a dumbbell in your right hand.
- Bend forward from the hips making sure to keep your core braced and back straight.
- Row the dumbbell next to the side of your torso whilst maintaining your balance.
- Do the required reps and repeat using the opposite arm and leg.



Turkish Get-ups

- This exercise is an excellent core strength, shoulder stability and lower body strength exercise. Start using a light dumbbell until you have mastered the technique.
- The start position is lying on the floor with a dumbbell pressed overhead in your right hand. (To get the dumbbell up to the start position, start on your side and use both hands on the dumbbell as you roll onto your back and press the dumbbell up.)
- Bend your right knee and press up onto your elbow, keeping the dumbbell straight overhead (the dumbbell stays overhead for the whole exercise.)
- Next push up from your elbow onto your hand, and then swing your left leg back under your body until you are in a half kneeling position.
- From here, push up into a standing position.
- To get back down, simply reverse the motion.



Stability Ball Balance Circles

- Balance on a stability ball on your knees holding a weight plate in your hands.
- Draw big circles with the weight plate while maintaining your balance.
- Do the required number of circles in each direction.
- If you want more of a challenge, balance on one knee and one foot, or close your eyes.



Level 3, Workout B

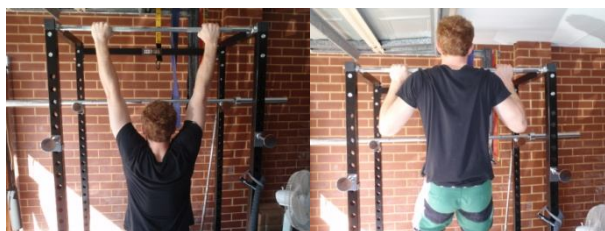
180 Squat Jumps

- Start in a squat position and swinging your arms for momentum, jump up explosively and spin 180 degrees in one direction and land by bending your knees to absorb the landing.
- Immediately jump back 180 degrees in the other direction.
- Repeat for the required repetitions.



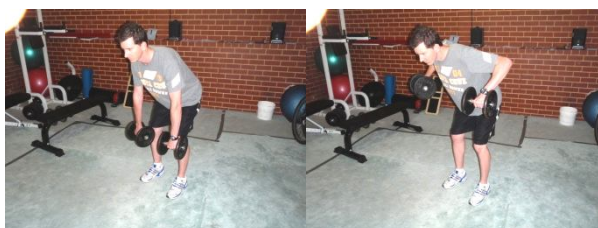
Overhand Pull-ups

- Perform a pull-up with an overhand grip (palms facing away from you).
- Hold the bar slightly wider than shoulder width apart.
- Make sure you get your chin up over the bar and drop down to a full hang each rep.



* Alternative - Dumbbell Row (elbows out)

- Stand with your feet shoulder width apart and knees slightly bent. Hold the dumbbells with your palms facing backwards.
- Bend forward from your hips, keep your back flat and core braced.
- Pull the dumbbells toward your chest keeping your elbows out and away from your body, then slowly return to the start position.



Stability Ball Break Dancers

- This is an excellent rotary core stability exercise.
- Starting in a push-up position with your shins on the stability ball (keeping your core braced) drive one knee towards your chest and then rotate the leg across your body and extend it out the side.
- Reverse the motion back to the start position without letting your foot touch the floor.
- Repeat for the required reps and then do the same with the other leg.



Bulgarian Split Squat

- Start in a split squat position with your back foot elevated on a bench or chair and holding dumbbells by your side.
- Keeping your body in an upright position, lower your back knee towards the ground stopping just short of touching, then push back up to the start position.
- Tip – Make sure your front foot is far enough forward so that your front knee doesn't extend over the front of your foot.



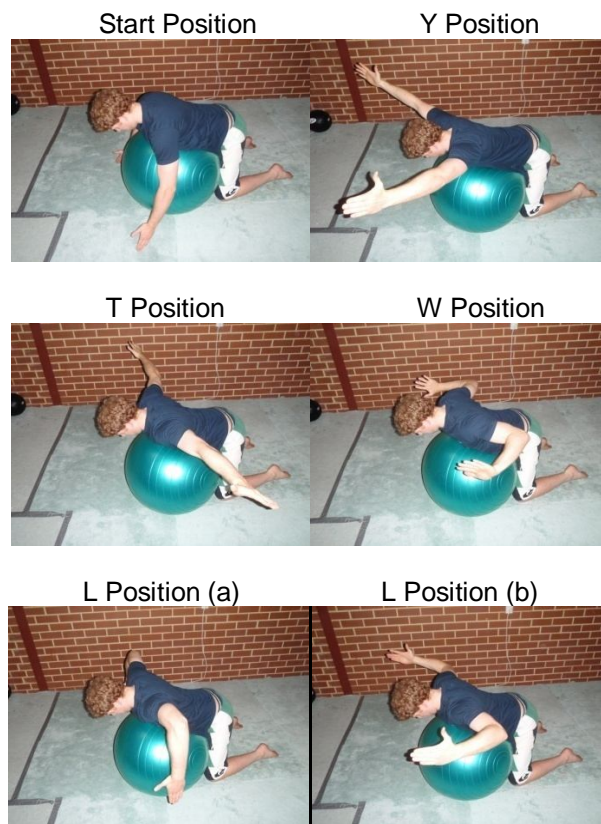
Stability Ball Jack-knife Push-ups

- This exercise is a push-up combined with a stability ball jack-knife.
- Start in a push-up position with your shins on the stability ball.
- Keeping your core braced, lower your chest to the ground then push back up and drive your knees toward your chest.
- Repeat for the required reps.



Stability Ball YTWLs

- This exercise is the same as YTWs, but with an extra position – The 'L' position which will help strengthen your rotator cuff muscles.
- Lie with your stomach on the stability ball and knees pressing into the ball.
- Start with your arms hanging down and then extend your arms into the Y position.
- Hold the position for one second before lowering your arms.
- Repeat for the required number of repetitions and then do the same in each of the remaining positions – T and W.
- For the L position, start with your elbows at 90 degrees and arms hanging down. Rotate your hands toward the ceiling and then rotate back down again. Repeat for the required reps.
- Try and make sure you are pulling your shoulder blades back together and down at each of the positions.



Single Leg Deadlift

- Stand on one leg with a dumbbell in the hand opposite your support leg.
- Keeping your back straight and core braced; bend forward from your hips and bend your knee, slowly lowering the dumbbell towards the ground.
- Slowly return to the start position making sure you maintain good posture throughout.
- Perform the required number of repetitions and repeat on the other leg.



Stability Ball Shoulder Push-ups

- Start with your feet on a stability ball and your hands slightly wider than shoulder width on the ground.
- Stick your butt up in the air and your head down, then lower yourself toward the ground.
- Use your shoulders to push back up to the start position.



Stability Ball Side Bridge

- Rest your elbow and forearm on the stability ball and adopt a stance with your bottom foot back and your top foot forward.
- Brace your core and hold your body as straight as possible for the required time.
- To make it harder, you can stack your feet on top of each other.

