

TOTAL SURFING FITNESS

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



**Functional Training
for Surfers - Level 2**

**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 2 Instructions

This is the second 4 week functional strength program.

Stay on the Level 2 program for at least 4 weeks, then if you think you are ready to increase the intensity again, try the Level 3 program.

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 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:


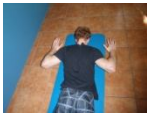










Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Total Surfing Fitness Workout A	Cardio	Total Surfing Fitness Workout B	Cardio / Surfing	Total Surfing Fitness Workout A	Surfing	Rest
Total Surfing Fitness Workout B	Cardio	Total Surfing Fitness Workout A	Cardio / Surfing	Total Surfing Fitness Workout B	Surfing	Rest
Total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



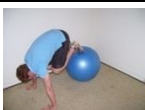
Exercise	Reps
 Split Squat with Rotation	8 / side
 Lying Stick-ups	8
 Glute Bridge	8
 T - Push-ups	8 (4 per side)
 Bird Dogs	8 / side
 Bodyweight Squats	8
 Aeroplanes	8 / leg
 Spiderman Climbs	8 / side
 Lateral Squats	8 / side
 Shoulder Circles	8 / direction
 Hip Circles	8 / direction
 Paddle Pop-ups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


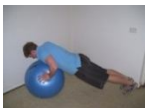
Total Surfing Fitness – Level 2, Workout A




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
	Alternate Dumbbell Chest Press	8-10
	Alternate Dumbbell Rows	8-10
	Stability Ball Jack-knife	10-15

Superset 2 (Complete 2 times)		Reps
	Single Leg Straight Leg Deadlift	8-10
	Stability Ball Push-ups	max
	Split Squat Dumbbell Chop	8 / side

Superset 3 (Complete 2 times)		Reps
	Dumbbell Lateral Squats	8 / side
	Tall Kneeling External Rotations	12-15
	Stability Ball Bridge	30-45 seconds




Cool Down – Complete the Total Surfing Fitness - Stretching Sequence

Total Surfing Fitness – Level 2, 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
	Dumbbell Squat Jumps	10
	Chin-ups*	max
	Stability Ball Russian Twist	8-10 / side

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

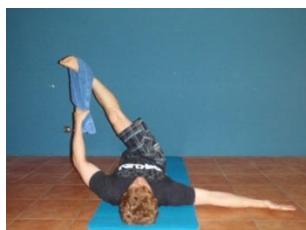
Superset 2 (Complete 2 times)		Reps
	Alternate Dumbbell Shoulder Press	8-10
	Renegade Row	8-10
	Advanced Side Bridge with Rotation	10-15

Superset 3 (Complete 2 times)		Reps
	Split Squat Curl & Press	8-10
	Stability Ball Hip Bridge	12-15
	Stability Ball Balance Chop	8-10 / direction

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 2, Workout A

Alternate Dumbbell Chest Press

- Lie on the ball with your upper back and neck resting on the ball.
- Start with one dumbbell at chest level and the other pressed above your chest.
- As you press one dumbbell, simultaneously lower the other dumbbell and repeat for the required repetitions.
- Make sure you keep your core braced and don't let your lower back sag.



Alternate Dumbbell Rows

- Stand with your feet shoulder width apart and knees slightly bent. Hold the dumbbells with your palms facing each other.
- Bend forward from your hips, keep your back flat and core braced.
- Pull one dumbbell toward your chest keeping your elbow tucked in by your side, and then simultaneously lower one dumbbell and pull the other dumbbell.
- Repeat for the required repetitions.



Stability Ball Jack-knife

- Start in a push-up position with your shins on the stability ball.
- Brace your core and then drive your knees toward your chest.
- Return to the starting position and repeat for the required repetitions.



Single Leg Straight Leg Deadlift

- Start with a dumbbell in one hand opposite your support leg.
- Bending forward from the hips and keeping your back straight, slowly lower the dumbbell towards your opposite foot.
- Your free leg should elevate behind you in line with your trunk.
- Although it is a straight leg Deadlift, both knees can be just slightly bent.
- Attempt to touch the dumbbell to the ground just on the outside of your opposite foot.
- Squeeze your glutes as you extend back up to a standing position.
- Perform the required number of repetitions on one leg then repeat on the other leg.



Split Squat Dumbbell Chop

- Start in a split squat position with your left foot forward and back knee just off the ground.
- Holding a dumbbell in both hands next to your right hip, lift the dumbbell up across your body and finish above the opposite shoulder.
- Slowly return to the start position.
- Keep your trunk stable and core braced throughout the exercise.
- Perform the required reps and then repeat on the other side of your body.



Stability Ball Push-Ups

- Perform a push-up with your hands on a stability ball.
- Make sure you keep your core braced throughout the exercise and don't let your lower back sag.
- Lower your chest all the way to the ball and then push back up.
- To make it harder you can elevate your feet on a bench or chair.



Lateral Squat

- Start with your feet as wide apart as comfortable and dumbbells held in front of your hips.
- Lunge over to one side by bending your knee and pushing your hips back as though you were sitting onto a bench.
- Your bent knee should not extend over the front of your toe.
- Push back up to the middle and then lunge over to the other side.
- Repeat for the required repetitions.
- Tip – Don't try and use heavy dumbbells until you have mastered the correct technique.



Tall Kneeling External Rotations

- This exercise will help strengthen the rotator cuff muscles in your shoulders.
- Start kneeling on the ground with a small weight plate or light set of dumbbells in each hand.
- Bend your elbows to 90 degrees with the weights down towards the floor, and then rotate your arms up towards the ceiling.
- Slowly lower back to the start position and repeat for the required reps.



Stability Ball Bridge

- Support your weight with your toes on the ground and your forearms on the ball, creating a straight bridge with your body.
- Brace your core and hold this throughout the exercise for the required time.
- To make it harder, elevate your feet on a chair or bench.



Level 2, Workout B

Dumbbell Squat Jumps

- Hold a set of light dumbbells and descend into a squat position.
- Explode up and jump as high as you can.
- Absorb the landing by bending your knees and descending into the next repetition.



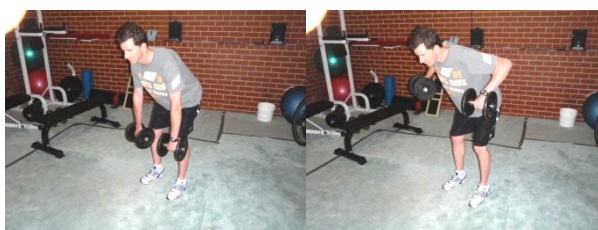
Chin-ups

- Hang from a bar with your palms facing toward you at shoulder width apart.
- Pull your body up until your chin is above the bar.
- Lower your body until your arms are fully extended (no cheating).



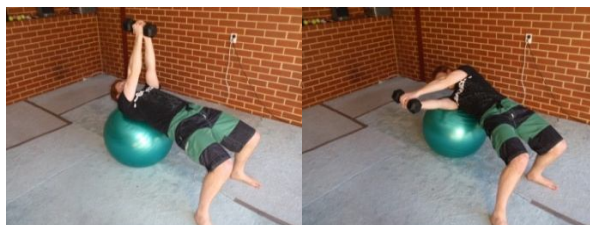
* Alternative - Dumbbell Row (elbows out)

- 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 Russian Twist

- This exercise helps develop rotary core strength.
- Lie on a stability ball with your feet on the floor and knees at right angles.
- Hold a weight plate / dumbbell above your head and roll to the side until the tip of your shoulder is on the ball. Repeat by rolling onto the other side and then back to the middle (that is one full repetition).
- Make sure you keep your core braced and keep your hips from sagging.



Alternate Dumbbell Shoulder Press

- Stand with your feet slightly wider than shoulder width and your knees slightly bent.
- Holding the dumbbells at shoulder level with your palms facing forwards, press one dumbbell over head and then lower the dumbbell and simultaneously press the other dumbbell overhead.
- Alternate pressing and lowering for the required reps.



Renegade Rows

- Start in a push-up position holding a dumbbell in one hand. Have your feet shoulder width apart or wider.
- Pull the dumbbell to the side of your chest keeping your elbow tucked in, then slowly lower it back to the ground.
- Perform the required reps, making sure you keep your core braced throughout, then repeat using the other arm.



Advanced Side Bridge with Rotation

- Start on the ground holding a stability ball between your legs.
- Push up into a side bridge position supporting your weight on one hand and foot.
- Brace your core and make sure you keep your hips up to create a straight bridge with your body.
- Rotate your free hand up towards the ceiling and then back down under your torso. This will challenge your stability even more.
- Keep slowly rotating your hand for the required reps and then do the same on the other side of your body.



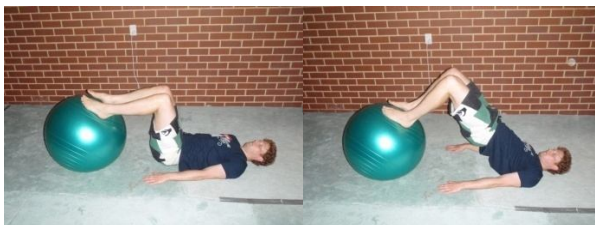
Split Squat Curl & Press

- Start in a split squat position with your left foot forward and a dumbbell in your right hand.
- With the dumbbell hanging by your side, lower your knee towards the floor, then push back up and curl the dumbbell up to shoulder level. Next press the dumbbell overhead, whilst maintaining your balance.
- Slowly reverse the movement back to the start position and repeat for the required reps.
- Do the same on the other side of your body.



Stability Ball Hip Bridge

- Start with your heels on the stability ball and your back on the ground.
- Drive your heels into the ball and lift your hips up until you create a straight bridge with your body.
- Slowly lower your hips until they are almost touching the ground and then lift them again.
- Repeat for the required reps. Make sure you keep your core braced throughout.



Stability Ball Balance Chop

- Start by balancing on the stability ball on one knee and one foot (you can balance on both knees if this is too hard) and holding a weight plate next to your hip.
- Lift the weight plate up over your opposite shoulder whilst maintaining your balance, and then lower back to your hip.
- Do the required reps and then repeat on the other side of your body.
- Make sure you give yourself enough room so you don't fall off onto anything.

