

WAVEZ

go with the flow...

Surf *

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surf

Ripped & Ripping: Five Essential Surfing Workouts



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By Scott Adams

Ripped & Ripping: 5 Essential Surfing Workouts

Surfing is a sport that you can enjoy for a lifetime. It's fun, exciting, and even cathartic at times. No matter what your skill level, you'll get a great workout surfing. But there are many surf exercises you can do to get your body and breathing in top shape before paddling out. Here's a few:

BALANCE

Surfing requires a high degree of balance, but most rides aren't long enough to have a dramatic training effect on your balance. Stand on a balance board and do a variety of squats and lunges. If you don't have a balance board, stand on one foot with your eyes closed. Try to stay balanced for 30 seconds or more. Like all skills, your balance improves the more you practice, so practice daily.

CORE: SIDE PLANK WITH REACH THROUGH

Strong core muscles stabilize your torso to help your paddling, balance, and rotation through turns. The side plank and reach-through exercise emphasizes the oblique muscles and adds a rotational component. Prop yourself up on your side with your right side closest to the floor. Stack your feet and stabilize with your right forearm. Straighten

your left arm toward the sky and look up at your left hand. Reach your left hand underneath and behind your body. Follow your hand with your head and eyes. Keep your torso braced and don't let your hips drop. Do 1 to 3 sets of 15 to 20 reps per side.

LEG STRENGTH: SINGLE LEG SQUATS

Stronger legs help you stay balanced and in control of your board. Whether you are a high-performance surfer or just getting started, single leg squats will develop the core, hip, and leg strength to perform at your best. Stand on your right foot and lift your left foot about 5 inches off the ground. Keeping your right knee aligned with your middle right toe, lower down to a 45-degree knee bend. Keep your back straight and your head in line with your shoulders. Don't let your knee track too far past your toes. Complete 5 reps on each leg, holding for 1 to 3 seconds in the lowest position. For more challenge, hold a medicine ball at your chest or increase the depth of the squat.

PRE-SURF WARM UP: DEEP SQUAT WITH OVERHEAD REACH

Before you paddle out, you want a quick warm-up to loosen your hips and shoulders. Place your feet a little wider than shoulder

WARM UP:

5 MINUTES OF MIXED STROKES.

MAIN SET:

2 X 100 YARDS AT A BRISK BUT COMFORTABLE PACE (ENDURANCE).

3 X 50 YARDS AT A FASTER PACE THAN THE PREVIOUS SET, WITH 10 PUSHUPS

AFTER EACH 50 YARD EFFORT (STRENGTH).

1 X 25 YARDS ALL OUT (POWER).

REST FOR 15 TO 20 SECONDS BETWEEN EACH EFFORT. REST FOR 2 MINUTES

BEFORE REPEATING A SECOND ROUND.

width apart. Your toes can turn out slightly. Squat down, keeping your torso straight and your gaze forward. Touch the ground with both hands, pause, and then stand back up. As you stand up, circle your arms upward and reach toward the sky. Repeat 10 to 15 times.

PADDLING

A surf session is about 50% paddling compared to the 5% spent wave-riding (Mendez-Villanueva & Bishop, 2005). It's safe to say if your paddling muscles are not conditioned, you will have to cut your session short. The following pool workout will challenge your paddling endurance, strength, and power.

BREATH CONTROL:

Finish with 3 to 5 sets underwater. Swim one lap at endurance pace above the water. When you turn at the wall, swim underwater as far as you can while holding your breath. This drill simulates paddling and then having to duck-dive a wave. It also prepares you mentally if you get held underwater. For safety, make sure you do this drill with a partner. Work on staying calm and relaxed, especially when you feel the need to come up for air.



BILLABONG



DIY: Beach Waves & Sea Salt Spray

We all want the perfect beach waves without having to spend money and hours on our hair. Here are some hair hacks for the girl on the go to achieve the ultimate beach girl look without all the fuss.

How to do beachy waves in less than 5 minutes:

1. Divide your hair into two parts.
2. Twist each section and tie with a hair tie.
3. Run your straight/flat iron over both of the twists a few times.
4. Untie twists, and you're done.

For heatless waves:

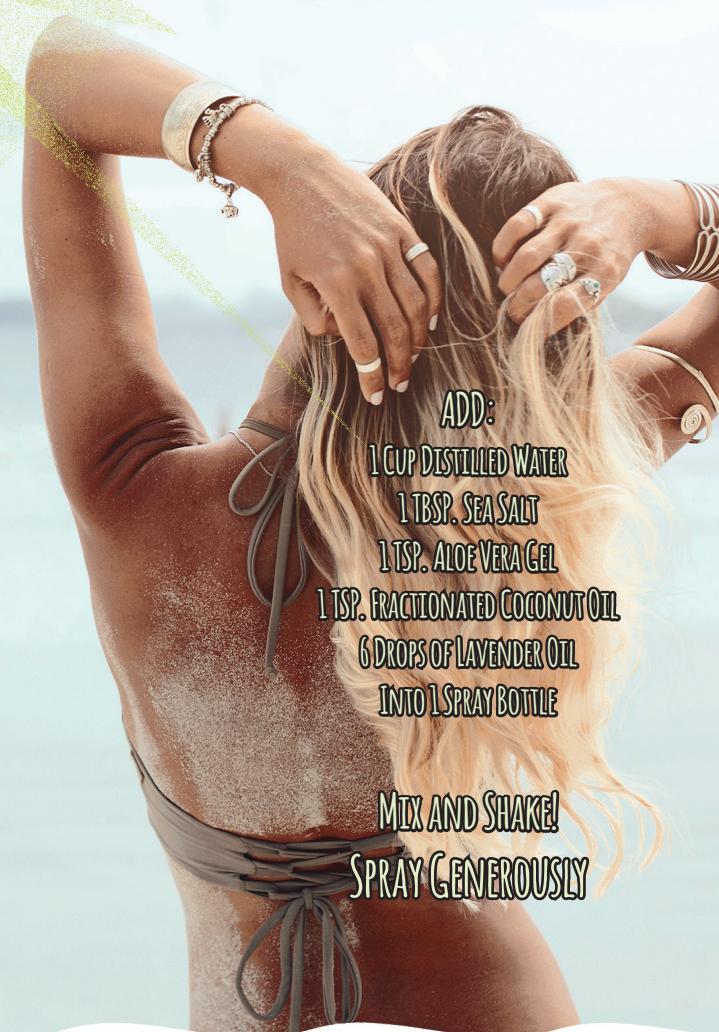
1. Part slightly damp hair into 2-4 sections and twist inward or outward the more sections, the tighter the tighter the curls.
2. Twist the other side in the same direction.
3. Twist often while the hair air dries. (If you're in a hurry you can twist while blow drying.)
4. Once completely dried, start piecing curls out Or flip your hair over and back and that should do the trick.

AND YOU'RE DONE!

Go rock you're bad beachy self!

ADD:
1 CUP DISTILLED WATER
1 TBSP. SEA SALT
1 TSP. ALOE VERA GEL
1 TSP. FRACTIONATED COCONUT OIL
6 DROPS OF LAVENDER OIL
INTO 1 SPRAY BOTTLE

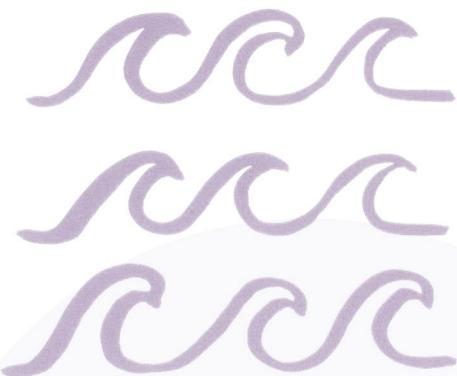
MIX AND SHAKE!
SPRAY GENEROUSLY



Why YOGA & Surfing Go Together

Most of us don't associate yoga with surfing, as they're just two different activities, but surprisingly, engaging in both can have a dynamic effect on each. Let's think about it for a second.

The whole point of surfing is to get up on the board and ride the wave with ferocity. Turns out, this requires focus, a clear mind and a strong, lean body — three benefits that yoga has touted for years. Learning to breathe, clear your head, and hold strengthening poses to engage necessary muscles, is an ideal out-of-water practice for nailing the ride you're seeking in the big blue.



Pre-Board Yoga Stretches

Here's another tip. Yoga is awesome all around, but there are definitely certain poses that almost cater directly to surfers, and some of them can even be used as pre-board stretches.

From stretches for the entire body to strengthening poses for target surfer areas (think lower back, hips and core), check out the Eagle Pose, Squat Pose, Boat Pose and Locust Pose, just as starters. Naturally, a more experienced yogi will find other poses helpful, but we're assuming that surfers spend most of their time in the water, not on a mat, so these few poses are most effective for training those muscles.

Common Goals and Ideals

Increasingly, those who practice yoga and those who surf find themselves with loads of goals and ideals in common, as both groups tend to gravitate toward taking care of mother earth and finding peace from within. In addition, surfers and yogis both work tirelessly to take care of their bodies and maintain peak health, as is required for their respective activities.

A constant yoga practice doesn't just promote a healthy body; it creates one, and commanding the powerful waves of mother nature would be near impossible without the discipline and bodily control that a successful surfer, and athlete, exhibits.

How Yogis Can Benefit From Surfing

Likewise, surfing can translate into an outdoor, watery extension of an existing yoga practice. Just as yoga poses can serve surfers, yogis can experience a whole new level of focus, intensity and simultaneous fun atop a surfboard, and they're the perfect athletes to try the sport. (Paddleboard yoga, anyone?)

Already masters of the form needed to successfully ride, new

surfers with yoga backgrounds can streamline all focus toward catching the perfect wave and look good doing it.

Yoga and surfing may not have always been connected in practice and in the mind, but over time and development of both lifestyles, it's become more and more clear that the two aren't so separate after all. Short of a deathly fear of ocean water, if you're already involved in one activity, there's no reason not to give the other a try!



Pick the Right Board



I've been riding the wrong boards most of my life. As a pro surfer, that may sound weird, but it's true. I rode a standard thruster and I was bored with surfing. I was narrow-minded and against change and figured that if it ain't broke, don't fix it. But then something changed. A friend of mine let me borrow a board that shattered everything. It was epoxy, it was small, it was thick. And I felt as if I'd traded in my Corolla for a Ferrari. The never-ending search for a magic stick has given me a second wind, and I hope to inspire that in you. Below, I've outlined some of the most common mistakes and things to keep in mind when you go to order your next board.

Don't ride what the pros ride.

A lot of surfers make this mistake and it's easy to see why. "These pros rip, so I'm gonna ride what they ride." Do yourself a favor: if you're riding a model that the best surfers use, add volume accordingly. What works for Kelly and SeaBass at Tavarua might not work as well for you at, say, Huntington Beach. Riding the same board that the pros ride—ultra thin, narrow, and with a 4oz glass job—might look great on the beach, but it's not going to do you any favors in the water.

Odds are, your board is too small.

The most common mistake I see people making is riding boards that are too small for them. From paddling slower to missing waves and struggling to gain speed and fluidity, finding a board that floats you is crucial. My goal is to go fast with very little effort. To transition between turns with one fluid motion. The key to this kind of surfing is tied to finding your personal magic volume and dimensions. Volume is something that a lot of shapers are talking about these days, and I don't think a lot of people really understand completely what that entails. According to North Shore master shaper Jon Pyzel, essentially, it comes down to how well your board floats you. Finding the right volume in your board is essential to finding the right board. When you realize what that magic number is you can move between different

models fluidly, and then go from riding a fish to a high-performance shortboard without sinking. You'll still need to work out the normal dimensions on your board, like height, width, and thickness, but having your volume number dialed in makes all of this a lot easier.

Build a relationship with a shaper.

This is pretty important. And like any relationship, you have to work at it for it to work for you. Find a local shaper and start talking to him. Tell him how you surf (be honest now) how much you weigh (again, be honest) and what you're looking to get out of the board. You won't always get a magic



board right away, but creating a relationship with a shaper and having him respond to your feedback is a really important step in getting good boards. Look at John John and Pyzel's relationship as a perfect example. They've been working together forever and the results pretty much speak for themselves.

Try something different

Remember that last paragraph about working with a local shaper? Yeah, it's important, but it's equally important to throw a curveball into your surfing every once in a while. It'll force you to rethink a few things about how you approach a wave and how you want your board to respond. If you've been riding a standard thruster from the same shaper for a while, don't be afraid to mix it up with a Dumpster Diver or a fish, especially in the summer or when the waves are subpar.

Test your new board in the best conditions possible.

When you get a new board, I really recommend finding fair to good waves the first time you ride it. Most of this is based on the idea of first impressions. You want to give your new board an opportunity to shine. Don't take it out for the first time when the conditions are really crappy. It may leave a bad taste in your mouth and bad tastes are hard to shake off. If you're riding a board when the waves are good, you're allowing the board to succeed or fail on an even playing field, and you're less likely to shelf what could have been a magic board because you only rode it in gutless conditions.

The magic board is not a myth.

When you get one, hold on to it. Despite all of the advances we've made with CAD machines, replicating a magic board is nearly impossible. A magic board will change your entire outlook on surfing. The confidence alone will elevate your game. It'll make dull sessions fun and it'll make fun sessions unforgettable. When you get a gem, take good care of it. Or as Tour guys say, "put that thing on ice."

The Secret to Creating Balance



home improvement.

Weekly in others: quality time with John, funtime/lazytime, business pursuits, creativity, home-making, self care, personal development, friendships.

Daily in the rest: quality time with kids, work, spirituality, fitness.

For me, my life is balanced if I satisfy these various life areas within the respective time frames.

What is it for you?

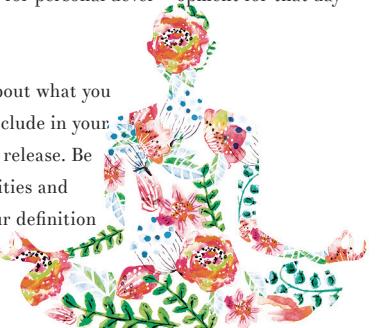
Balance is fluid.

Meaning, if something pops up (an emergency or event, or the holidays) you can pour your energy in different areas temporarily, and then get back to your "normal" balance once those events are over. (Example: jobhunting, home renovations, travel, etc)

BALANCE IS ABOUT BEING REALISTIC AND HONEST.

It would be lovely to give everything the same amount of attention... but that's not feasible. When life happens, certain areas take on more weight than others. Example: When I'm on a deadline with a writing project for a client I will prioritize it above reading for personal development for that day or week.

Be honest with yourself about what you value, what you want to include in your life and what you want to release. Be realistic about your priorities and it'll be easier to create your definition of balance and have your life reflect it.



Balance is a tricky word. We're given such a narrow window of what it's "supposed" to look like, aren't we? When you pull images of balance you see equal scales, you see people spinning multiple plates equally at once and other similar imagery.

BALANCE DOES NOT MEAN EQUAL

Please don't judge yourself or your level of balance by how equally you're spending your time in each life area.

Release that and free yourself from that narrow "ideal."

If you feel off balance, you simply have to reset your definitions and act accordingly.

Balance is similar to success, in that you have to define it for yourself. Decide what it means to you, and let that be how you measure it.

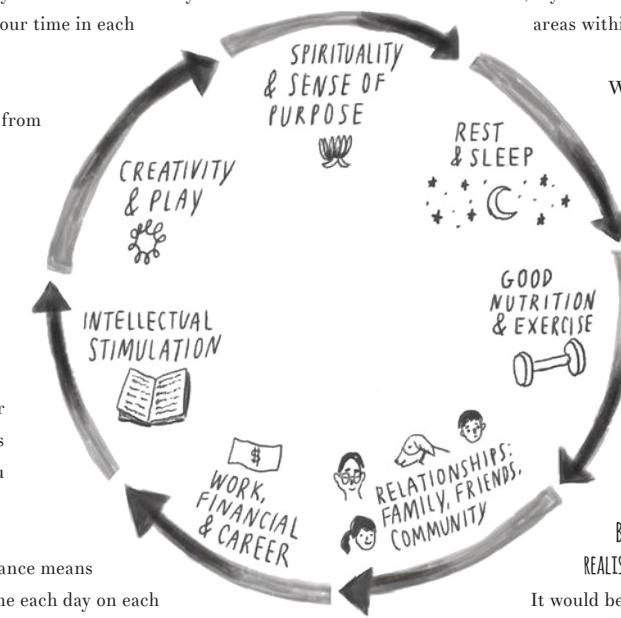
If you're out there thinking balance means spending equal amounts of time each day on each of the various areas of your life... then... you're setting yourself up for failure, shame spirals and disappointment. You can take your scale and go the hell on.

Time to redefine balance.

Think about what you want balance to mean to you. What does YOUR balanced life look like? How much time do YOU spend each day, week, month, year, on each area of your life?

MY BALANCE STRATEGY:

I like to work in quarters/months for some areas: giving back, travel/outdoor adventures, extended family visits, financial planning,



Beyond Beauty: How Alana Blanchard turns Popularity into Positivity

You know that 25-year-old surfer, Alana Blanchard. She's that teeny-bikini girl you follow on Instagram.

Hailing from the palm-fringed volcanic rock of Kauai, a few years ago the surfer/model had more Instagram followers than the inhabitants of that island, which is about 70,000. But these days, her following of 1.5 million has actually eclipsed the entire population of all of Hawaii.

Appearing in Sports Illustrated's Swimsuit Issue may have thrown a few followers her way. Consider that Kelly Slater, the most celebrated surfer to dig his feet into wax, trails Blanchard with 1.3 million followers.

This month, Blanchard released a video webisode called "La Mariposa." It has beautiful wildlife, beautiful scenery, beautiful music, beautiful waves and, as one of those 1.5 million followers is sure to point out, a beautiful subject. Blanchard is, after all, easy on the eyes.

"I try not to pay attention to social media in that way," Blanchard tells. "It tends to take over your life. When I was younger, I was like every other girl. You want boys to look at you. But I try not to let it affect me."

Because whether the comments are appreciative or derogatory, the conversation around Blanchard has always been about looks.

Sponsored by Rip Curl, Blanchard came up through the ranks and qualified for the 16-woman WSL World Championship Tour in 2009, but then did the on-again/off-again dance for a few years. Simply being on such an elite tour was unwavering justification that she was first and foremost a surfer — and, clearly, a very talented one. For every smug comment about how she was just a sex symbol, she could lay down a rail and silence the critics (or as much as any keyboard hero can be silenced.)

But it took its toll.

"Doing both just stressed me out. I was competing on Tour and modeling five campaigns, including Rip Curl. And I'm not even really a competitive person. It was too much to prepare my body as an athlete and then look good for a photo shoot right after," she says.

Last year she fell off the Tour, and this year she's done only two qualifying events, effectively retiring from that part of her career to focus on the modeling and fashion side.

"I always loved wearing bikinis. Sometimes I would wear bikinis that weren't Rip Curl, and finally they just said, 'Let's do a line of bikinis under your name that you can design, so you'll always want to wear them,' she explains. "They do really well and it's cool when you see a girl wearing that suit."

The reality is that there aren't a lot of career options for women who surf beyond the competitive realm. While the last 15 years have seen the rise of professional freesurfing for men, that option doesn't exist for females. Without donning a jersey at the top level, they can't depend on sponsors to keep paying them.

Designing the "My Bikini" line and modeling have given Blanchard a new career — and, yes, that social following certainly plays into it.

It has all been part of a running debate: How much should women's surfing's prosperity depend on posteriors? Women should not have to market themselves on anything more than their talent. No athlete should have to worry about gaining a few pounds of muscle at the risk of losing acceptance. Are we focusing on arcing turns or ass cleft?

But at the same time, these are women in phenomenal physical shape. And they're

wearing swimsuits ... because that's what you wear when you surf. Women's surfing is a collection of good-looking bodies free of surgical enhancement; why should that not be appreciated in a respectful way?

"I used to read all the comments and wonder if I was a joke. But I learned to not pay attention to the haters. Just because someone writes something, doesn't mean it's true. I want to encourage girls to do what makes them happy. You can be an athlete and still be sexy," Blanchard says. "I want to tell everyone to just calm down. Girls wear bikinis at the beach."

And as Blanchard matures into a role she is comfortable in, her surfing is only getting better. That's generally what the video above,

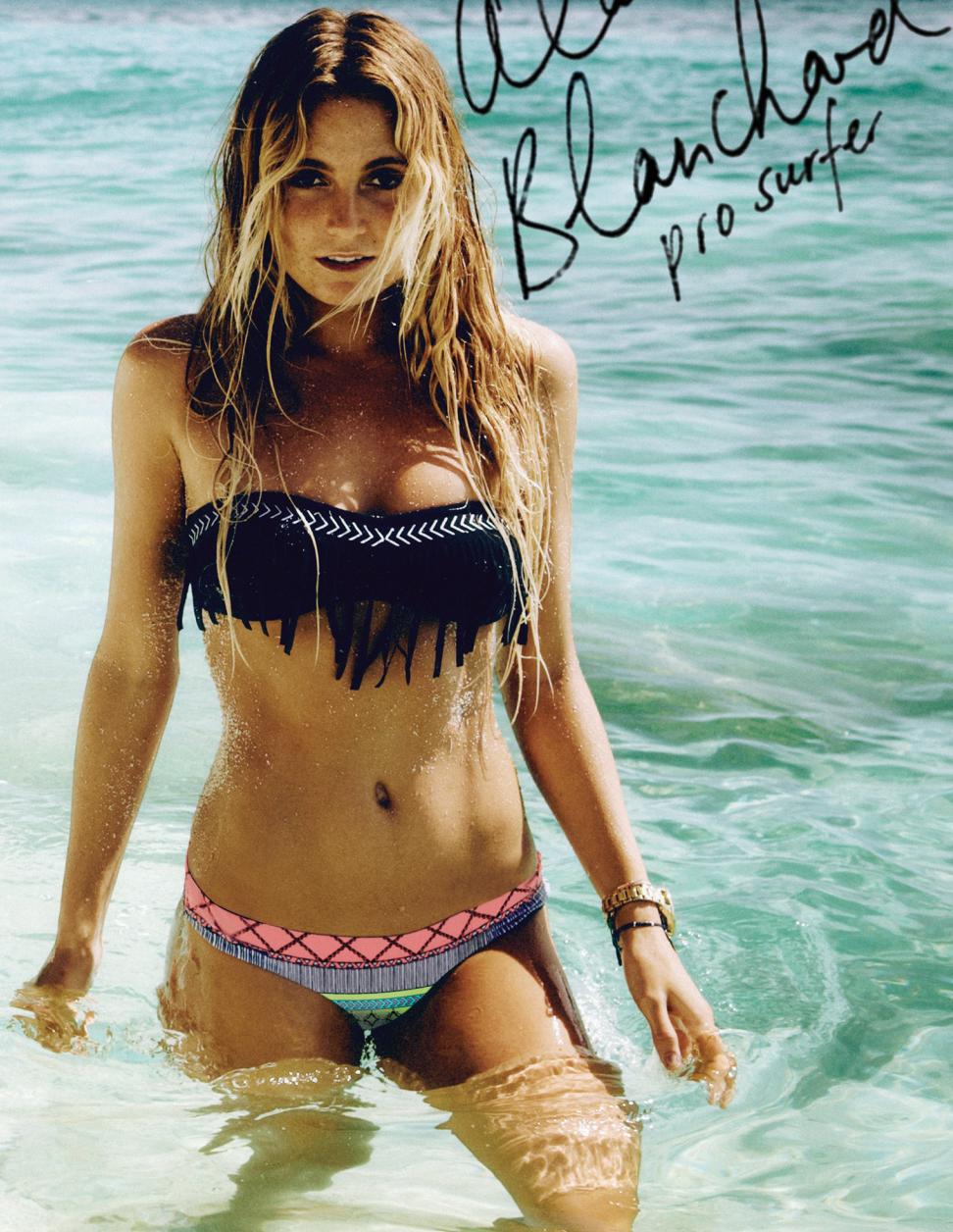
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shot in Mexico as part of a series filmed and edited by Mikey Mallalieu, is all about.

The first film trip was to the Maldives (Indian Ocean), shooting mostly sceneries in the cerulean-blue sea.

"That was more lifestyle for girls to watch, to be inspired by the healthy, natural lifestyle and good times with your friends. This one is all surfing and people seem to like them," Blanchard adds.

It's part of her own campaign to prove that she's more than just an Instagram celebrity.





Smoothies A GO GO

We all know how important it is to eat a healthy breakfast. So we've come up with two yummy smoothie recipes that you can enjoy on your way to work or before a surf. Simply whizz up the ingredients in a blender and you'll be glowing inside and out.

Shades of Pink

A HANDFUL OF STRAWBERRIES
ONE BANANA
2 SLICES OF WATERMELON
A SMALL CHUNK OF GINGER
JUICE OF 1/2 LIME
SMALL TSP HONEY

Packed with vitamins and antioxidants for extra vitality, everything in this smoothie is great for your hair and skin.

The strawberries and lime are both rich sources of vitamin C, which is great for your skin as it fights free radicals that steal oxygen from healthy skin cells and destroy collagen.

Bananas are a great source of energy and full of potassium, which hydrates the skin.

Watermelon is made up of 92% water and is stacked with vitamin A, which aids skin repair.

Ginger contains 40 antioxidant properties and can protect against skin ageing.

Green Goodness

1 AVOCADO
1/2 MANGO
1/4 PINEAPPLE
A HANDFUL OF SPINACH

Green smoothies are amazing for your body. Sometimes it can be difficult to get lots of greens into our diet, but you could get a whole bag of spinach into this drink if you wanted too. It's also a great smoothie if you need to boost your immune system and give your skin some love.

Avocado is packed full of vitamin E,

which helps prevent skin damage and can reduce the effect of UVA and UVB damage.

Mangoes are jam-packed with vitamin C, which we all know our bodies love.

Pineapples are great for your immune system and help prevent colds.

Spinach contains lots of vitamins and minerals, especially vitamin K, which is great for skin repair and building strong bones.

Coconut Water is extremely hydrating and aids digestion.

Find more health recipes [here](#).

Stay healthy!



How Surfing Can Boost Your Confidence

Surfing is an amazing sport that not only does wonders for your body but it can also contribute to a happy mind. This adrenaline-fuelled sport puts smiles on people's faces all over the world but can it boost your confidence out of the water?

"The Answer is Yes!"

It occurred to me the other day, that surfing has changed my life. This sport has opened my eyes to a whole new world of adventure and has pushed me to get out there and do more!

I have never naturally been a confident person and it's always been something that has held me back and more often than not used to stop me in my tracks.

As I've got older I have realised that you're not just born with confidence, you have to build your confidence and the only way to do it is to step out of your comfort zone; which for me came in the form of surfing. The more I surfed the more confident and sure of myself I felt, my desire to go on adventures grew stronger, I wanted to surf new waves and the biggest thing of all for me is how confident I felt in myself physically.

For a while I asked myself "Am I the only surfer that feels surfing has boosted their confidence?"

This year whilst coaching a surf lesson my question was answered and it became clear to me that I wasn't the only surfer that felt this way. The more I coach surfing the more I see first hand that surfing does change people and for the better. As you conquer the waves and your fears you allow yourself to grow as a person and begin to push yourself to new limits.



It doesn't have to be anything as big as going on a surf adventure around the world by yourself; it can be something as simple as joining a club that you always wanted to join and going to a session by yourself. It could be surfing with someone you don't really know or even just feeling more body confident because surfing as made you feel stronger and healthier. The more you surf the more this confidence will grow and you'll begin to feel like anything is possible. If you can drop in on that 4ft wave or make it all the way out the back what else can you do?

"The more you surf the more your confidence will grow.."



TOP 5 BEST SURF SPOTS IN THE WORLD

BY JOSHUA CAUDILL

We identify the five spots that will guarantee a surfer's paradise.

5. Mentawai Islands, Indonesia

If there was ever an ideal surfing trip to take with your buddies, this is it. The Mentawai Islands provides a plethora of conditions for surfers of all skill levels in order to guarantee fun. Plus, there is no shortage of barrels for tube riders.



4. Mavericks, California, United States

This legendary location is just north of Half Moon Bay and is considered the best winter destination for big wave riders. Mavericks is not for the faint of heart. It will chew you up and spit you out. Only the gutsiest of big wave surfers will accept the challenge of facing these giant 'End of Times' waves that can measure up to 25 feet. To be honest with you, I don't even know why I would suggest anyone ever attempt to ride Mavericks. It's basically sending someone off to die,

unless you're among the elite. Pro surfer, Mark Foo, died here in 1994 while wiping out on an 18-foot wave. Big wave rider, Sion Milosky, died in 2011 while surfing Mavericks. Witnesses estimated Milosky wiped out on a wave that measured "30-foot Hawaiian," which is 60 feet by normal standards.

Successfully surfing Mavericks is the equivalent of climbing Mount Everest. Grommets, don't bother unless you have the cojones.



3. Gold Coast, Queensland, Australia

This spot has some of the best surfing in all of Australia. Bells Beach is a close, CLOSE second. Surfers may experience the ride of their lives here, which has a reputation of producing sick tubes and solid walls. Be prepared to add this spot to your bucket list if you're ready to leave the word of a 'kook' and experience a surfer's paradise. Alright, mate?



2. Supertubes, Jeffrey's Bay, South Africa

This legendary break is host of the Billabong Pro ASP World Tour. Supertubes is notorious for amazing right-hand tubes and long point breaks. Jeffrey's Bay was once just a small fishing village with a reputation as a 'hippie hangout.' However, it has become a popular tourist destination due to its reputation as one of the best surf spots in the world. Pro surfers invade Jeffrey's for rides that near 300 meters long. Actually, there isn't really a time where this spot isn't crowded by surfers. They're not alone either. Jeffrey's Bay is most certainly shark territory.



1. Pipeline Dahu, Hawaii

Pipeline is the Super Bowl of surfing. Its powerful waves and shallow reef make this famous surf spot very enticing for surfers who love to tube ride. However, it's considered the deadliest wave due to more deaths than at any other spot in the world — the average wave is even nine feet. Among casualties include Tahitian pro surfer





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the sea
set you
free*
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