

TOTAL SURFING FITNESS

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



**Functional Training
for Surfers - Level 1**

Clayton Beatty BSc MAAESS
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 (MAAES).

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.

Strength & Conditioning for Surfing

Don't you sometimes wish you could just surf all day every day? Unfortunately most of the time, this is simply not possible. However just because you aren't out on in the surf, doesn't mean you can't be proactive about improving your surfing.

Whilst you are stuck on dry land there are a number of practical things you can do. Perhaps the most important of these is developing your physical condition. Do you think you could surf harder and longer, have greater control, land better tricks and recover faster if you had a stronger, fitter body?

Surfing is an extremely athletic sport and therefore requires an equally athletic training program to improve your performance. Most fitness programs created by fitness trainers are designed for bodybuilders not athletes. Generally these programs are generic in nature and do not tailor to the specific needs of the athlete. The latest scientific training techniques point to functional training as the key to boosting your body's strength and conditioning when working out for a specific sport.

Functional Training

Functional training is effectively training for a purpose. In this case the purpose is to make you a better surfer. In the Total Surfing Fitness program, all exercises are intended to help your body become more effective at carrying out all the movements undertaken whilst surfing. This includes paddling, duck diving, popping up and maneuvers whilst on the wave.

To train for these movements, you will need to concentrate on certain components of your fitness. This includes upper body strength and endurance, balance, core stability & strength, lower body strength & power, flexibility, mobility and cardiovascular endurance.

The Total Surfing Fitness program employs the most effective exercises for the task of improving your surfing fitness. You won't find isolated muscle exercises or machine based exercises in this program. All exercises will train multiple muscle groups at the same time. When you are surfing you are using lots of different muscles at any one time depending on your action. Therefore you should train the same way. This has benefits from both a performance perspective and an injury prevention perspective.

Workouts should generally not take more than 45 minutes. Make sure you start at the Level 1 program for at least 4 weeks and then progress from there. On the next page we will outline the program instructions.

Total Surfing Fitness - Instructions

This program is split into three 4 week programs. Do with the Level 1 program for at least 4 weeks and then when you are ready to increase the intensity, move on to the Level 2 program. Do on the Level 2 program for at least 4 weeks also and then if you think you are ready to increase the intensity again, try the Level 3 program. If you complete 4 weeks of the Level 3 program, you will have an extremely fit and strong body 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 Dumbbell Squat with Calf Raise – 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 1, 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
	Dumbbell Squats with Calf Raise	10
	Push-up with Knee Drive	10-20
	Stability Ball Rollouts	10-15

Superset 2	(Complete 2 times)	Reps
	Stability Ball Row	10
	Stability Ball Dumbbell Chest Press	10
	Bridge with Arm Raise	30-45 seconds

Superset 3	(Complete 2 times)	Reps
	Dumbbell Split Squats	8 / leg
	Dumbbell Reverse Fly	10
	Stability Ball Balance	30-45 seconds

Cool Down – Complete the Total Surfing Fitness - Stretching Sequence

Total Surfing Fitness – Level 1, 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
 Chin-ups*	max
 Dumbbell Deadlift	10
 Side Bridge with External Rotation	10-12

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

Superset 2 (Complete 2 times)	Reps
 Dumbbell Curl & Press	10
 YTWs	10 reps / position
 Break Dancers	10 / leg

Superset 3 (Complete 2 times)	Reps
 Stability Ball Leg Curls	10- 20
 Single Leg Single Arm Lateral Raise	10 / arm
 Dumbbell Chop	8-10 / side

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.

Dynamic Warm-up

Split Squat with Rotation

- Start in a lunge position with your left foot forward and your hands on the back of your head.
- Keeping your body in an upright position and core braced, lower your back knee towards the ground stopping just short of touching, then rotate your torso to the left.
- You should feel a stretch down the front of your right hip.
- Push back up to the start position and repeat for the required reps, then do the same with your right foot forward.
- Tip – Make sure your front foot is far enough forward so that your front knee doesn't extend over the front of your foot.



Lying Stick-ups

- This exercise helps warm up your back and shoulders, as well as promoting shoulder mobility.
- Lie face down on the floor with your arms out to the side with your elbows flexed and palms facing down.
- Squeeze your shoulder blades together and raise your arms off the floor – you will keep this posture for the entire movement.
- Slowly extend your hands overhead (making sure you are keeping your shoulder blades squeezed and arms pulled back up off the floor), before slowly lowering again.
- Repeat for the required reps.



Glute Bridge

- Lie on your back with your knees bent at right angles and heels on the floor.
- Squeeze your buttock muscles and lift your hips off the ground to create a straight bridge between your shoulders and knees.
- Hold for 1-2 seconds in the bridge and then drop your hips back to the ground.
- Repeat for the required reps.



T – Push-ups

- Start in a push-up position with your arms slightly wider than shoulder width apart.
- Perform a push-up and then when you reach the top position, rotate one arm up towards the sky.
- Return to the start position, then push-up again and rotate with the other arm.
- Make sure you keep your core braced throughout the exercise.



Bird Dogs

- Start on the ground on all fours.
- Keeping your core braced, simultaneously extend one arm and the opposite leg.
- Try to keep a straight back (don't extend your lower back).
- Hold the position for 1-2 seconds and then repeat on the opposite side.
- Perform the required number of repetitions.



Bodyweight Squats

- Stand with your feet shoulder width apart or slightly greater and hands behind your head.
- Keep your back flat, bent from your knees and as you squat push your hips back and push your bodyweight through your heels as if you are sitting down onto a chair.
- Your knees should go over the top of your feet.
- Squat down till your thighs are parallel with the ground, then slowly return to the start position.



Aeroplanes

- Stand on one leg with your arms straight out to the side.
- Keeping your back flat and core braced, bend forward from your hip until your torso is parallel to the ground.
- As you bend forward, simultaneously extend your other leg out behind you.
- 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.



Spiderman Climb

- Start with your body in a push-up position.
- Bring one leg forward until your knee touches the outside of your elbow and toe touches the ground, then take it back to the start position.
- Repeat with the other leg.



Lateral Squats

- Start with your feet as wide apart as comfortable and your hands behind your head or out to the front for balance.
- 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.
- Repeat with the opposite leg.
- Note: You will feel a stretch in your groin when doing this exercise.



Shoulder Circles

- Swing your arms in circles in a controlled manner for the required reps forward and backwards.



Hip Circles

- With your feet shoulder width apart and hands on hips, rotate your hips in big circles, performing the required circles in each direction



Paddle Pop-ups

- This drill will help you practice your pop-ups.
- Lie face down on the ground and perform a paddle motion for 4-5 strokes before popping up into a surf stance.
- Perform the required pop-ups in each direction (regular and goofy) to help eliminate any movement imbalances.



Level 1, Workout A

Dumbbell Squats with Calf Raise

- Stand with your feet shoulder width apart or slightly greater.
- Hold the Dumbbells by your side throughout the squat.
- Keep your back flat, bent from your knees and as you squat push your hips back and push your bodyweight through your heels as if you are sitting down onto a chair.
- Your knees should go over the top of your feet.
- Squat down till your thighs are parallel with the ground, then push right up onto your toes.



Push-up with Knee Drive

- Start in a push-up position with your hands shoulder width apart or slightly wider.
- Keeping your core braced, push up and then drive one knee towards your chest and then return it to the start position. Your foot should not touch the ground during the knee drive.
- Perform another push-up and this time drive the other knee forward.
- Each push-up you should be swapping the leg that does the knee drive.
- Repeat for the required reps.



Stability Ball Rollouts

- Kneel with your hands resting on the ball.
- Keeping your core braced; roll the ball away from your body and then use your core muscles to roll it back towards yourself.
- Make sure you don't arch through your lower back.



Stability Ball Dumbbell Row

- Stand with your feet shoulder width apart and bending from your hips, place one hand on the stability ball.
- Keeping your back straight and core braced pull the dumbbell to the side of your torso and then slowly lower to full extension.
- You should keep your elbow tucked close to your body throughout the action.
- Do the required number of repetitions and repeat using your other arm.



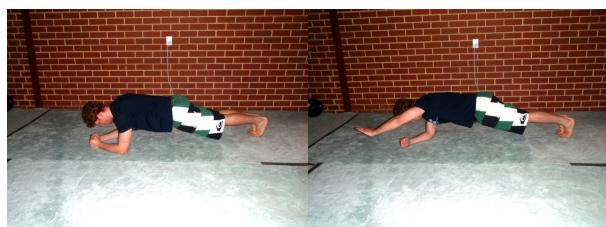
Stability Ball Dumbbell Chest Press

- Lie on the ball with your upper back and neck resting on the ball.
- Start with the dumbbells at chest level in line with the middle of your chest.
- Press the dumbbells together above the middle of your chest and slowly lower them to the starting position.
- Make sure you keep your core braced and don't let your lower back sag.



Bridge with Arm Raise

- Start in a bridge or plank position with your weight supported on your elbows / forearms and toes.
- Keep your core braced and torso straight to create a bridge with your body.
- Raise one arm off the ground and hold for 5 seconds, then swap arms, continuously alternating for 5 seconds each.
- Do this for the required time.



Dumbbell Split Squats

- Start in a lunge position with one foot in front of the other and holding a set of dumbbells by your side.
- Keeping your body in an upright position and core braced, lower your back knee towards the ground stopping just short of touching.
- Push back up to the start position and repeat for the required reps before changing legs.
- Tip – Make sure your front foot is far enough forward so that your front knee doesn't extend over the front of your foot.



Dumbbell Reverse Fly

- Start in a bent over position with your knees 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.



Stability Ball Balance

- Try balance on the ball on your knees for the required time. Make sure you have enough room so you are not going to fall onto any objects.
- To get up, balance on your hands and knees and then remove one hand at a time from the ball.
- If balancing on your knees is too easy, try balancing on one knee and one foot, or closing your eyes.



Level 1, Workout B

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)

- Perform this exercise if you don't have anywhere to do chin-ups.
- 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.



Dumbbell Deadlift

- Start in an upright position with dumbbells hanging in front of your hips.
- Keeping your core braced, push your hips back and lower the dumbbells down in front of you (make sure you bend from your hips, not your back. Your back should stay flat).
- Before the dumbbells reach the floor, slowly pull them back up (focus on squeezing your glute muscles).



Side Bridge with External Rotation

- This exercise will help improve your core stability and shoulder external rotators.
- Start in a side bridge position with your core braced and weight supported on your elbow and feet.
- Make sure you keep your hips up to create a straight bridge with your body.
- Hold a small weight plate or light dumbbell in your hand with your elbow bent at 90 degrees and elbow tucked into your side.
- Start with the weight lowered in front and then rotate the weight toward the ceiling as far as you can whilst keeping your elbow tucked in.
- Repeat for the required reps and then do the same on the other side of your body.



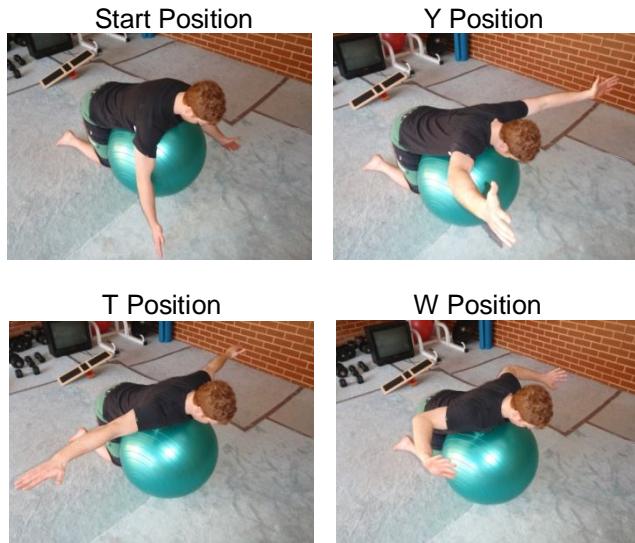
Dumbbell Curl & Press

- This exercise is essentially two exercises combined – bicep curl and shoulder press.
- Start with a dumbbell in each hand by your sides and then curl the dumbbells up to your shoulders and then press them overhead.
- Lower them back to your shoulders and then curl them back down to your sides. That is one repetition.
- Perform the required number of reps making sure you brace your core throughout.



Stability Ball YTWs

- This exercise is helping to promote shoulder stability especially around the shoulder blades.
- 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.
- Try and make sure you are pulling your shoulder blades back together and down at each of the positions.



Break Dancers

- This is an excellent rotary core stability exercise.
- Starting in a push-up position and 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.



Stability Ball Leg Curls

- Lie with your shoulders on the ground and your heels on the ball. Your hips should be elevated off the ground.
- Place your arms out to the side for support and keep your core braced.
- Keeping your body straight from your shoulders to your knees, curl the ball under using your heels, then return to the start position.



Single Leg Single Arm Lateral Raise

- Stand on one leg with a dumbbell in your opposite hand and elbow bent at about 90 degrees.
- Raise the dumbbell out to the side until your arm is at shoulder level and then slowly lower back down.
- Perform the required reps and then repeat on the other side of your body.



Dumbbell Chop

- This is an excellent rotary core strength exercise.
- Stand with your feet wider than shoulder width apart and holding one dumbbell in your hands.
- Keeping your core braced and back flat, bend your knees, push your hips back and lower the dumbbell down towards one foot.
- Pause at the bottom and then keeping your elbows slightly bent, 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.



Stretches

Down Dog

- On all fours, push your hips toward the ceiling and let the weight go through your heels.
- Keep your chin tucked in and try to keep your back straight.
- You should feel the stretch through your shoulders, back and legs.



Hip Flexor Stretch with Overhead Reach

- Reach both hands overhead and push your hip forward.
You should feel a stretch down the front of your hip.



Half Kneeling Quad Stretch

- Have some padding under your knee.
- Pull your heel toward your buttocks.
- You should feel a stretch in your quad and front of your hip.



Lying Glute Stretch

- Cross one leg under your body and extend the other out behind.
- Extend your arms out to the front.
You should feel the stretch through your glutes on your front leg.



Calf Stretch

- Push through your heel until you feel a stretch down through your calf muscle.
- You can cross your resting leg over the other leg.



Stability Ball Lat Stretch

- Kneel and reach one arm out over the ball.
- You should feel a stretch down the side of your torso.



Stability Ball Chest Stretch

- Bent your elbow at 90 degrees and drop your shoulder.
- You should feel the stretch in your chest.



Spiderman with Overhead Reach

- Put both hands on the ground and lunge one foot forward on the outside of your hand.
- Reach the other hand up overhead and look up.



Kneeling Triceps Stretch

- Reach one hand behind your head and use your other hand to pull your elbow behind your head.



Kneeling Shoulder Stretch

- Extend one arm across your body and pull it into your chest with your other arm.



Half Kneeling Groin & Lat Stretch

- Kneel on one leg and stretch the other leg out to the side.
- Reach your arm overhead.
- You should feel a stretch through your groin and down the side of your torso.



Figure 4 Stretch

- Lie on your back and cross one foot over the opposite knee.
- Clasp your hand behind your knee and pull towards your chest until you feel a stretch through your glutes.



Towel Hamstring / ITB Stretch

- Lying on your back, wrap a towel around your foot and use one hand to pull your leg across your body and towards your chest.
- You should feel a stretch down the back and outside of your leg.



Towel Hamstring Stretch

- Lying on your back, wrap a towel around your foot and use both hands to pull your leg towards your chest.
- You should feel a stretch down the back of your leg.



Towel Groin / Hamstring Stretch

- Lying on your back, wrap a towel around your foot and use one hand to pull your leg out to the side of your body.
- You should feel a stretch through your groin and down the back of your leg.

