

6 Exercises to Improve Your Surfing

Incorporate These Exercises Into Your Weekly Workouts to Improve Your **Surfing Balance and Coordination & Paddling Strength and Endurance.**



By Patty Soud

Certified Personal Trainer

Creator of the Fitness for Surfers Program

Fitness for Surfers
SURF-SPECIFIC TRAINING & NUTRITION

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About Patty

Hi, I'm Patty Soud! I've been a certified personal trainer and nutrition coach since 2003 and a lifelong surfer.

I'm the owner of Fitness By Patty in Neptune Beach, FL and the creator of Fitness for Surfers, a surf-specific training & stretching program.

My favorite thing about being a personal trainer is all of the amazing people, clients, families and companies that I get to learn about, connect with, and most importantly help each and every day.

Over the years I've had the pleasure of working with a wide variety of clients of all ages, body types and ability levels. There isn't one person, in all of my experience, that I didn't learn something new from.



I enjoy being a part of the health journey and incredible transformations of a person's body and mind. I honestly can't think of anything more rewarding than this!

Today, I spend most of my free surfing, standup paddle boarding and participating in a few sprint triathlons and active events every year. I love to be outside: gardening, yoga, rollerblading, biking, hiking, traveling and experiencing different cultures and seeing other lifestyle habits around the world.

My Philosophy - You only have one body and one life. The healthier you are, the more you can do and the better you can do it!

I strongly believe that regular exercise, proper nutrition and stretching are the absolute best things you can do for your body. When all put together, this healthy lifestyle is the most natural form of medicine.

After all, if YOU don't feel healthy, energetic and confident then you won't be presenting the very best version of YOU to the world. I want to help you surf and feel your absolute best!

So, I'm excited these functional training exercises with you. I hope you find them helpful.

Big Hugs,

Patty

Why Functional Training Is Important for Surfers

Staying in shape and maintaining good physical condition is absolutely vital to improving your surfing ability and longevity.

Surfing is a physically demanding sport...requiring full-body strength, coordination and stamina/endurance. These characteristics only become more vital when you want to improve your surfing ability and/or desire to surf larger, more high-performance waves.

For beginner surfers, it's no secret that those with more strength and in good physical condition learn and adapt to surfing faster.

For those experienced surfers, training will only enhance and progress your surfing ability, as well as help you prevent injuries that can be sustained while surfing.

What is Functional Training

Functional training looks to work multiple muscle groups at the same time, oftentimes by incorporating 2+ movements into the same exercise. This type of training properly stresses motor skills and muscle reflexes, vastly improving overall athleticism and full-body coordination, as well as greatly increasing fat loss and lean muscle growth.

Train for Kinetic (Mobile) Strength

Functional training looks to train not only for muscles, but for movements related to your activity. It has HUGE practical implications to surfers and all athletes, as it helps prepare for the unexpected conditions the ocean continually throws out: shifting waves and wind, awkward and uneven angles that are involved when surfing a wave, as well as being able to react quicker to a closeout section or changes to the wave shape.

Progress Faster

A lot of people get into a rut with their workouts and fitness, most often due to solely concentrating on cardio or only using machines in the gym. These just will not deliver the results you are looking for. Functional Training focuses on leveraging body weight and incorporates weights (dumbbells), resistance bands and weighted medicine balls as you progress. Since each exercise is more full-body focused, cardio is "built-in" to the workout and each exercise performed, as heart rate is elevated and due to the intensity, you'll burn more calories and feel better physical results faster.

6 Functional Exercises to Improve Your Surfing



The Exercises Lineup

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**It's very important to always warm up, first, before starting any training or exercise program. Warm up for 5 to 10 minutes by doing some light cardio, such as: jumping jacks, jogging in place, high knees or similar movements to get the blood flowing and to “wake up” your muscles.

Surfing Paddle (Lat) Pulls

muscles trained: lats, shoulders, triceps, core, low back, glutes



*set up : Attach a door anchor to the center of a door top (closing the door toward you for security) and insert a resistance band through the anchor loop.



1.

Grab onto the handles, step back with feet at hip width distance apart. Hinge from the hips to bend forward, about 45° angle, maintaining a flat spine and belly drawn in tight.

2.

Shift your shoulders down your spine and away from the ears to engage the lats, and with straight arms, pull the band along the sides of the body, ending the fists just past the hips. Return the band with control, using straight arms.

Surfing Paddle (lat) Pulls, cont.



High Plank with Reach & Tuck

muscles trained: core, shoulders, balance



1.

Assume the proper plank position - shoulders lined up directly over the hands, and legs straight back. Lift one leg off the ground while simultaneously reaching the opposite arm forward to full extension.



2.

Maintaining your balance and control, draw the lifted arm and leg together in the middle, so the elbow aims to touch the knee. Repeat without letting the hand or foot touch the ground.

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www.FitnessForSurfers.com

Board Balance Lunge & Lift

muscles trained: legs, glutes, core, balance



1.

Place one foot in the center of the wobble board, while the other foot is stepped back in a lunge position with the heel lifted. Drop the back knee toward the floor just to a hover

2.

Then bring it back - while maintaining balance of the standing leg on the wobble board - and lift the knee toward the chest. Repeat with control and balance.



Squat with Row

muscles trained: quads, core, lats, shoulders, balance



*set up : Attach a door anchor to the middle of a door's edge (closing the door toward you for security) and insert a resistance band through the anchor loop.



1.

Grab onto the resistance band handles and step back so there is no slack left in the tube. With your feet at hip width distance apart, squat down to 90 ° with the arms extended toward the door and the chest lifted up.



2.

Rise up to standing while simultaneously pulling the elbows back past the body line, and squeeze the muscles between the shoulder blades. Make sure your shoulders are down, away from the ears.

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****For a more advanced move, perform the exercise on a wobble board or bosu ball**

Atomic Surfers Popup

muscles trained: core, shoulders, chest, triceps



*set up: place a towel flat on your mat and Val Slides on top of the towel. (This can also be done on carpet).



1.

Assume a high plank position with your hands stacked under your shoulders, and your legs straight back, with the toe/foot placement in the center of each Val Slide on the towel.



2.

Perform a surfer's pushup by hovering the chest just over the hands, and the elbows pulled in by the ribcage.

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3.

Press back up, and repeat the sliding tuck.



4.

Maintain a steady arm position and stable core while you slide your feet toward your hands in a tucking motion. Keep your knees and feet as close together as possible.

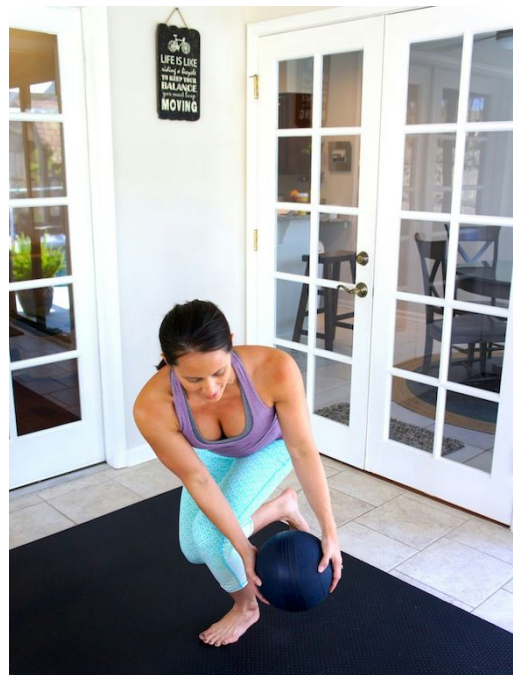
Off The Lip Balance Twists

muscles trained: balance, legs, glutes, obliques, shoulders



1.

Keep your balance while standing on one leg and holding a weighted medicine ball in both hands. Bend the knee of the standing leg, and squat down to lower the ball and cross the outer shin with straight arms.

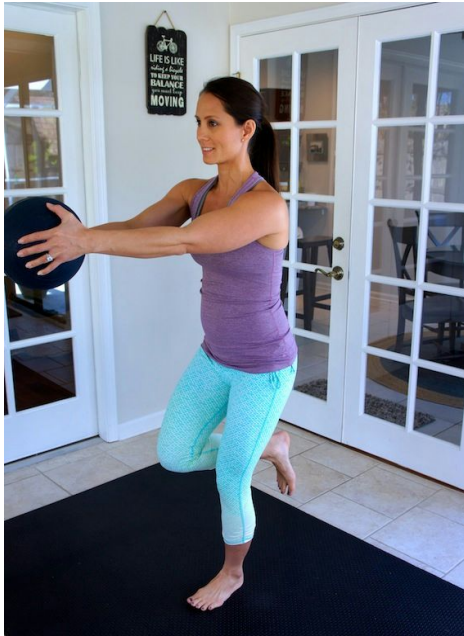


2.

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Press back up to standing while diagonally moving the arms to cross in front of the body using and upward rotation of the torso, ending with arms straight and reaching past the shoulder.



**To modify, step back into a lunge if you are unable to balance on 1 leg with the rotational chopping motion.*

Implement these 6 exercises into your weekly workout routine and give me a shout on Facebook or Instagram to let me know how it's going for you.

Patty Soud

Certified Personal Trainer & Nutrition Coach

Owner of Fitness By Patty

Creator of Fitness for Surfers

Other Books and Programs by Patty Soud

Fitness for Surfers

Surf-Specific Training & Flexibility Program

3-level functional training and stretching/flexibility program designed for surfers.

1. Develop incredible full-body functional strength
2. Increase paddle endurance & overall cardiovascular level
3. Boost your balance & coordination
4. Evolve to a more powerful & athletic surfer



A Flexible Training Program to Fit Your Schedule

- No equipment needed
- All workouts & stretching routines can be performed anywhere
- Includes modifications & progressions for each exercise
- Presented in an easy-to-follow video format with downloadable exercise guides

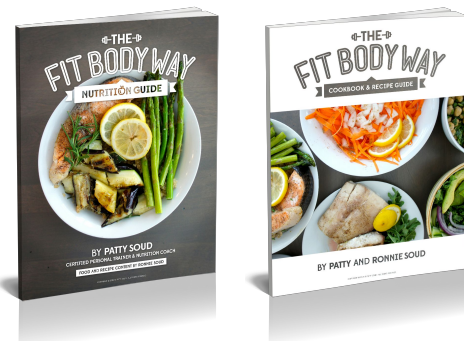


The Fit Body Way

Nutrition Guide & Cookbook

THE complete nutrition program that I have had in practice with my clients for over 10 years! I'll show you how to create delicious, fat-burning meals that taste great and are quick and easy to prepare, even if you're not comfortable in the kitchen.

Includes over 100 delicious, healthy recipes that are simple to prepare and budget friendly!



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