

One rarely sees a surfer in a gym. Why would you? Why would anyone exercise in a sterile and artificial atmosphere when you can get your workout in one of the most beautiful and scenic environments in the world? Unfortunately, surfers are at the mercy of the ocean's conditions - swells, tides and winds. These can keep a surfer dry for weeks waiting for the next surfing session. Staying in top shape physically during lulls in the swell can be a challenge. Not doing so will not only hinder a surfer's performance but increase the potential for injuries.

# THE SURFERS WORKOUT

Strength flexibility and fitness training are often overlooked by surfers.

Most surfers just go surfing, which takes a fair amount of fitness if you go out for a while. However given enough time in the water most surfers will develop overuse injuries. This is because the majority of a surfer's time is spent in the paddling position or in a sustained crouch. This puts stress on spinal, knee, shoulder and hip joints. It also promotes imbalance in muscle power around these joints.

The Surfers Workout is done entirely with a bungee and Swiss ball. If you're going to play in an unstable environment, doesn't it make sense to train on one? The workout will simulate the movements of the three basic elements of a surf session. The Paddle Out (chest, shoulders and back), The Pop Up (chest, abs, back, hip flexors) and Surfing (legs and core). It challenges a surfer's endurance and muscular strength, while engaging the neuromuscular system (balance) and core musculature (hips, abs, butt and back). An added benefit to this workout is that weighing less than a laptop, surfers can easily take a bungee and Swiss ball with them on their travels.

Although the styles are very different, physical demands are required for both. Incorporating the Surfer's Workout will help surfers avoid muscle atrophy by stimulating the muscles used in a surf session. The workout will also increase the amount of power and balance generated (and needed) in the unstable environment of the surf. The workout aims to strengthen opposing muscle groups, helping to avoid overuse injuries from constant paddling, while developing strength and awareness in deep segmental muscles of the spine, required for stabilization and functional movements.

## THE SURFERS WORKOUT

The goal is to complete all three sections in a circuit fashion, with rests between exercise, depending on the fitness levels of the client.

### 1. The Paddle Out

Table top position, head and shoulders on ball, hips elevated and parallel to floor. Start hands overhead drawing bungee to thighs. Do either bilateral or unilateral movements for 25 reps.





2. Followed by leg extensions. 15 reps. Hold top position for three seconds.

**3. The Pop-Up**

Knees on ball, hands on floor. Alternate one push with one reverse crunch for 10 reps.

**4. Surfing (the glide)**

Hands and knees balance on ball. Hold for 30 seconds.

**5. Surfing (the glide)**

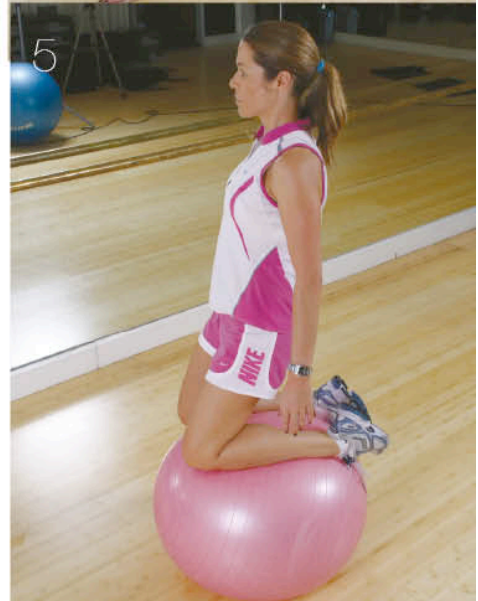
Balance with both knees on ball. Alternate dropping butt to opposite heel for 30 seconds.

**6. Paddleout**

Chest on ball. Toes on the floor. Keeping chest slightly elevated as when paddling on a surfboard. Highly conditioned surfers using a heavy bungee may need to anchor feet behind a rail or heavy weights. Perform 20 reps

**7. The Pop Up**

Single leg crunch alternating with push up in between. Perform 10 reps.



Lian Monley is qualified C.H.E.K practioner (corrective Holistic Exercise Kinesiology) and certified fitness, health and nutrition coach. Her goal is to provide individuals with an individualised corrective exercise and health/vitality program that educates them along the way. Lian takes a holistic approach to increased health and vitality when treating physical, mental, emotional, and spiritual health issues. Lian incorporates Eastern and Western philosophies to assess and treat clients. She specialises in working with the body from the inside out and is based at the Canggu Club. For private or group surf training Lian Monley is available Please contact her on the following:

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