TOTAL SURFING FITNESS
Fitter, Stronger,
Less Fatigue, More Waves

Surf Specific Functional Workout

Clayton Beatty - Exercise Scientist
www.TotalSurfingFitness.com
Attention Surfer: Experience The Total Surfing Fitness Difference!

- All New Fun & Challenging Workouts
- Plus New Workout & Exercise Videos
- Get Fit to Surf Faster Than Ever!
- Never Get Bored of Working Out Again!

What is the Total Surfing Fitness Difference?

What makes Total Surfing Fitness better than other programs on the market?

1. Total Surfing Fitness is the most comprehensive surf specific exercise program on the internet.

2. We address all of the essential surfing fitness components: functional strength, flexibility & mobility, core stability, strength and rotary power, cardiovascular fitness (aerobic & anaerobic) and balance.

3. Total Surfing Fitness is an exercise program that builds your surfing fitness over a number of months using progressive workouts (not just one workout that you do over and over again!).

4. The program is "step by step" with printable workout manuals and online coaching videos - so it's just like having your own personal surfing fitness coach!

Click on the link below to download the complete Total Surfing Fitness program...

www.TotalSurfingFitness.com
About Clayton Beatty & Total Surfing Fitness

My name is Clayton Beatty and I specialize in functional fitness training programs for surfers.

I am a Qualified Exercise Scientist with a Bachelor of Science (Human Movement) from the University of Western Australia. I am also a Member of Exercise & Sports Science Australia.

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
Exercise Scientist
Total Surfing Fitness

Disclaimer

Before you start this exercise program you must get your doctor or 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.

www.TotalSurfingFitness.com
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 manoeuvres 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.
Total Surfing Fitness - Sample Workout

This workout is a sample of the exercises and workout structure from the full version of the Total Surfing Fitness program.

This is not a complete program on it’s own. The full version of Total Surfing Fitness contains multiple surf specific strength workouts and cardiovascular training workouts.

Try this workout to see how effective the Total Surfing Fitness workouts can be. Once you have had a go at this workout, you will need to purchase the full program to make sure you a getting a progressive, balanced, surf specific program.

You can download the full version from www.TotalSurfingFitness.com

Dynamic Warm-up

- Complete the following warm-up circuit once through without resting between exercises.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Split Squat with Rotation</td>
<td>8 / side</td>
</tr>
<tr>
<td>Bent Over Reach</td>
<td>8 / side</td>
</tr>
<tr>
<td>Glute Bridge</td>
<td>8</td>
</tr>
<tr>
<td>T - Push-ups</td>
<td>8 (4 per side)</td>
</tr>
<tr>
<td>Bodyweight Squats</td>
<td>8</td>
</tr>
<tr>
<td>Spiderman Climbs</td>
<td>8 / side</td>
</tr>
</tbody>
</table>
### Sample 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.

<table>
<thead>
<tr>
<th>Superset 1 (Complete 2 times)</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Dumbbell Squats with Calf Raise" /></td>
<td>10</td>
</tr>
<tr>
<td><img src="image" alt="Push-up with Knee Drive" /></td>
<td>10-20</td>
</tr>
<tr>
<td><img src="image" alt="Stability Ball Rollouts" /></td>
<td>10-15</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Superset 2 (Complete 2 times)</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Dumbbell Curl &amp; Press" /></td>
<td>10</td>
</tr>
<tr>
<td><img src="image" alt="YTWs" /></td>
<td>10 reps / position</td>
</tr>
<tr>
<td><img src="image" alt="Stability Ball Balance" /></td>
<td>30-45 seconds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Superset 3 (Complete 2 times)</th>
<th>Reps</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Alternate Dumbbell Rows" /></td>
<td>8-10</td>
</tr>
<tr>
<td><img src="image" alt="Stability Ball Leg Curls" /></td>
<td>10-20</td>
</tr>
<tr>
<td><img src="image" alt="Dumbbell Chop" /></td>
<td>8-10 / side</td>
</tr>
</tbody>
</table>

**Cool Down** – Stretch all major muscle groups.

Note: The full version of Total Surfing Fitness comes with surf specific stretches to complete at the end of your workout to help promote recovery and improve your mobility and flexibility.

[www.TotalSurfingFitness.com](http://www.TotalSurfingFitness.com)
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.

Bent Over Reach

- This exercise helps warm up your back and shoulders, as well as mobility through your thoracic spine.
- With your knees slightly bent, bend forward from your hips and hang your arms down straight.
- Brace your core and rotate one arm as high as you can.
- Pause then return to the start position.
- 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.

Bodyweight Squats

- Stand with your feet shoulder width apart or slightly greater and hands out in front.
- 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.

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.
Workout

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.
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.
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.

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 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.

![Stability Ball Leg Curls](image)

**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.

![Dumbbell Chop](image)