

The Surfers Warm-up

The medicine ball “Surfers Warm-up” provides efficient, total body training. It is excellent for developing a strong core. Lighter balls weighing 2-6 lbs. can provide a great warm-up, while heavier medicine balls weighing 7-20 lbs. can be used to develop total body strength and endurance. The surfers warm-up is one of the most popular protocols for Surf Fitness Inc.

1-Down the line



- ✓ Stand with your feet shoulder width apart
- ✓ Stand up straight while bringing the ball behind your head
- ✓ Chop in a downward movement using the whole body
- ✓ Chop to an area between your feet without touching the ground
- ✓ Keep hips, knees and feet aligned during the squatting motion
- ✓ Keep you back naturally straight – controlled flexion is permitted
- ✓ Keep head facing forward
- ✓ Repeat

2-The cut back



- ✓ Stand with your feet shoulder width apart
- ✓ Keep the elbows comfortably bent and the ball in front of your chest
- ✓ Rotate 90 degrees to the right pivoting on your left foot
- ✓ Keep your weight centered between your feet
- ✓ Maintain an upright and balance posture
- ✓ Rotate 180 degrees to the left pivoting on your left foot
- ✓ Keep your weight centered between your feet
- ✓ Repeat

3-The barrel



- ✓ Stand with your feet shoulder width apart
- ✓ Keep the elbows comfortably bent and the ball in front of your chest
- ✓ Rotate 90 degrees to the right pivoting on your left foot
- ✓ Fully extend your body and bring the ball high and to the right
- ✓ Maintain an upright and balance posture
- ✓ Chop downward and to the left in a diagonal fashion
- ✓ Keeping your weight centered between your feet pivot on the right foot
- ✓ Finish in a rotated lunge position with right foot facing forward
- ✓ Repeat
- ✓ Perform to the other side

The Procedure

- ✓ Perform 3 sets as a circuit
- ✓ 10-15 reps of each exercise
- ✓ Move dynamically-but with control
- ✓ Use full ranges of motion that are pain free
- ✓ Keep core tight throughout movements
- ✓ Control movement with the core muscles
- ✓ Pivot trailing foot during rotational movements

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