



## Comprehensive Surf Fitness Workout Routine

*Train for Advanced Maneuvers & Power Generation*

*Do it 2-3x per week for best results*

### Phase 1: Dynamic Warm-Up (5 Minutes)

Exercise	Sets	Reps/Duration	Primary Surf Benefit
World's Greatest Stretch	3	5 per side	Full-body mobility, opens hips and thoracic spine
Cat-Cow	1	10	Gently warms up the spine for rotation
Leg Swings (Forward & Sideways)	1	10 per leg	Dynamic hamstring and hip warm-up

### Phase 2: Power & Plyometrics (15 Minutes)

Exercise	Sets	Reps/Duration	Primary Surf Benefit
Box Jumps	3	5	Develops explosive power for pop-ups and aerials
Medicine Ball Slams	3	8	Enhances total-body explosive power and coordination
Lateral Jumps	3	10 (5 per side)	Builds lateral power for carving and rail-to-rail transitions

### Phase 3: Strength & Stability (25 Minutes)

Exercise	Sets	Reps/Duration	Primary Surf Benefit
Front Squats	4	6	Builds leg strength and core stability for deep bottom turns
Single-Leg Deadlifts	3	8 per leg	Improves balance, hip hinge mechanics, and hamstring strength
Cable/Band Rotations	3	10 per side	Develops rotational core power for cutbacks and snaps
Paloff Press (Anti-Rotation)	3	30s hold per side	Builds core stability to resist rotational forces

### Phase 4: Cool-down & Mobility (10 Minutes)

Exercise	Sets	Reps/Duration	Primary Surf Benefit
90/90 Hip Internal Rotation	2	30s per side	Improves hip mobility for deeper carves
Thoracic Spine Extensions (Foam Roller)	1	60s	Relieves upper back stiffness and improves posture
Deep Squat Hold	1	60s	Enhances hip and ankle mobility for a lower stance

Train like a pro surfer:  
pair this workout with online surf coaching to 10X your progression.



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**Disclaimer :**

*This routine is for general fitness purposes only. Always consult a qualified medical professional before starting a new exercise program.*