

## Comprehensive Surf Fitness Workout Routine

*Train for longevity, injury prevention, and peak wave performance*

*Do it 3x per week for best results*

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

Exercise	Sets	Reps / Duration	Primary Surf Benefit
Leg Swings (Forward / Side)	1	10 per leg, per direction	Hip activation for powerful turns
Arm Circles (Fwd / Bwd)	1	10 per direction	Shoulder joint lubrication
Standing Spinal Twists	1	10 per side	Thoracic mobility for rotation
Cat-Cow Flow	1	10 slow cycles	Spinal segmentation & flexion

### Phase 2: Mobility & Stability (10 Minutes)

Exercise	Sets	Reps / Duration	Primary Surf Benefit
Thread the Needle	2	30 sec per side	Thoracic rotation & shoulder release
90/90 Hip Switch	2	5 per side	Hip rotation for cutbacks
Deep Squat with Reach	2	10 reps	Ankle & hip mobility
Chin Tucks	2	10 reps (3s hold)	Neck posture & cervical alignment

### Phase 3: Strength & Endurance Circuit (20 Minutes)

Exercise	Sets	Reps / Duration	Primary Surf Benefit
Squat to Rotation	3	10 per side	Pop-up power & rotation
Banded Pull-Apart	3	15 reps	Paddling endurance
Bird-Dog	3	10 per side	Anti-rotation core stability
Push-Up to T-Rotation	3	8 per side	Upper-body power
Single-Leg Balance	3	45 sec per leg	Board control & proprioception
Dead Bug	3	10 per side	Deep core activation

### Phase 4: Cool-Down & Recovery (10 Minutes)

Exercise	Sets	Duration	Primary Surf Benefit
Child's Pose w/ Reach	1	60 sec per side	Lat & side-body stretch
Upper Trap Stretch	1	30 sec per side	Neck & shoulder relief
Diaphragmatic Breathing	1	5 minutes	Nervous system recovery
Foam Rolling	1	60 sec per area	Myofascial release

[Save time and catch more waves — check out my honest take on online surf coaching.](#)

#### ⚠ Disclaimer :

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