

Comprehensive Surf Fitness Workout Routine

Train for Endurance and recovery

Do it 3x per week for best results

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

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

■ Phase 2: Mobility & Stability (10 Minutes)

Exercise	Sets	Reps / Time	Surf Benefit
Thread the Needle	2	30s per side	Thoracic rotation & shoulder release
90/90 Hip Switch	2	5 per side	Hip internal/external rotation
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 / Time	Surf Benefit
Squat to Rotation	3	10 per side	Pop-up power & rotational control
Banded Pull-Apart	3	15 reps	Scapular strength & paddling endurance
Bird-Dog (Slow)	3	10 per side	Anti-rotation core stability
Push-Up to T-Rotation	3	8 per side	Upper-body power integration
Single-Leg Balance	3	45s per leg	Board control & proprioception
Dead Bug	3	10 per side	Deep core endurance

■ Phase 4: Coll Down & Recovery (10 Minutes)

Exercise	Sets	Reps / Time	Surf Benefit
Child's Pose with Reach	1	60s per side	Lat & side-body stretch
Upper Trap Stretch	1	30s per side	Neck & shoulder tension relief
Diaphragmatic Breathing	1	5 minutes	Nervous system recovery
Foam Rolling (Lats, Glutes, Quads)	1	60s per muscle	Myofascial release

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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.