

# SURFER'S FOOTPRINT

## Surf Workout Routine: The Grom

*Youth Surf Fitness & Fun*

*A fun, game-based introduction to surf fitness for young surfers*

### Day 1: Pop-Up & Balance

Workout (Games)	Primary Surf Benefit
<b>Game 1:</b> Animal Pop-Ups (Frog, Bear, Starfish) - 3x5 reps <b>Game 2:</b> Pillow Balance Challenge (3x30s holds) <b>Game 3:</b> Red Light, Green Light Pop-Ups (5 mins)	Improves pop-up speed and coordination, builds balance and stability, and makes practice fun and engaging

### Day 2: Paddle Power & Ocean Skills

Workout (Games)	Primary Surf Benefit
<b>Game 1:</b> Superman Kicks on the floor (3x15) <b>Game 2:</b> Arm Circles (3x10 forward/backward) <b>Game 3:</b> Ocean Safety Charades (act out stingray shuffle, rip current, etc.)	Builds paddling strength in the back and shoulders, improves shoulder mobility, and reinforces important ocean safety knowledge in a fun way

### Day 3: Full-Body Fun

Workout (Games)	Primary Surf Benefit
<b>Game 1:</b> Bear Crawl Races (3x10 yards) <b>Game 2:</b> Star Jump Challenge (3x10 reps) <b>Game 3:</b> Plank High-Fives with a buddy (3x10 reps)	Develops full-body strength and coordination, builds explosive power for pop-ups and turns, and encourages teamwork and fun

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.*