

SURFER'S FOOTPRINT

Surf Workout Routine: The Unbreakable Surfer

Injury Prevention & Prehab

Do it 2-3x per week for best results

Phase 1: Mobility & Activation

Exercise	Sets	Reps/Duration	Primary Surf Benefit
Cat-Cow	1	10	Warms up the spine and improves spinal awareness
Thoracic Rotations (Quadruped)	2	8 per side	Increases rotational mobility for paddling and turns
Hip CARs (Controlled Articular Rotations)	2	5 per side	Improves hip joint health and range of motion
Banded Monster Walks	2	10 steps per side	Activates glutes and hip abductors for stability

Phase 2: Prehab Strength

Exercise	Sets	Reps/Duration	Primary Surf Benefit
Banded External Rotation	3	15 per side	Strengthens rotator cuff to prevent shoulder injuries
Face Pulls	3	12	Improves posture and counteracts the "surfer hunch"
Glute Bridges	3	15	Strengthens glutes and hamstrings to protect the lower back
Single-Leg Balance	3	30s per side	Enhances ankle stability and proprioception

Phase 3: Core & Stability

Exercise	Sets	Reps/Duration	Primary Surf Benefit
Plank	3	30-60s hold	Builds core endurance for paddling and stability
Side Plank	3	20-30s hold per side	Strengthens obliques for rotational control
Bird-Dog	3	10 per side	Improves core stability and coordination

Phase 4: Cool-down & Recovery

Exercise	Sets	Reps/Duration	Primary Surf Benefit
Pigeon Pose	1	60s per side	Releases tension in the hips and glutes
Chest Stretch in Doorway	1	30s per side	Opens up the chest and shoulders
Child's Pose	1	60s	Gently stretches the back, hips, and shoulders

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.