

SURFER'S FOOTPRINT

Surf Workout Routine: The Longboarder

Style & Flow

Do it 3x per week to improve balance, stability, and longboarding movement patterns

Day 1: Balance & Stability

Workout	Primary Surf Benefit
A1: Single-Leg Romanian Deadlifts (3x10/side) A2: Turkish Get-Ups (3x3/side) B: Indo Board Cross-Stepping (3x60s) C: Calf Raises (3x20)	Builds single-leg strength and balance for cross-stepping, core stability for rotational movements, and ankle strength for control

Day 2: Core & Mobility

Workout	Primary Surf Benefit
A: 90/90 Stretch (3x30s/side) B: Cossack Squats (3x10/side) C: Pallof Press (3x12/side) D: Windshield Wipers (3x10/side)	Improves hip mobility for drop-knee turns, core anti-rotation for stability, and thoracic spine mobility for a fluid style

Day 3: Endurance & Flow

Workout	Primary Surf Benefit
A: Kettlebell Swings (4x20) B: Skater Squats (3x10/side) C: Face Pulls (3x15) D: Long, slow-paced run or swim (20-30 mins)	Develops hip power and endurance, improves lateral movement for footwork, strengthens the upper back for paddling posture, and builds cardiovascular fitness

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.