

Comprehensive Surf Fitness Workout Routine

Train for Skill & Pop-Up Speed

Do it 3x per week for best results

Phase 1: Dynamic Warm-Up (5 Minutes)

| Exercise | Sets | Reps/Duration | Primary Surf Benefit |
|----------------------|------|---------------|---|
| Butterfly Stretch | 1 | 60 seconds | Hip Adductor Flexibility for Low Stance |
| Low Lunge with Twist | 1 | 5 per side | Hip Flexor Opening & Thoracic Rotation |
| Toe Taps | 1 | 30 seconds | Ankle Agility & Foot Control |
| Lateral Shuffles | 1 | 30 seconds | Agility & Lateral Quickness |

Phase 2: Pop-Up Speed & Technique (10 Minutes)

| Exercise | Sets | Reps/Duration | Primary Surf Benefit |
|-------------------|------|---------------|-----------------------------------|
| Explosive Push-Up | 3 | 8-10 reps | Upper Body Launch Power |
| Block Pop-Ups | 3 | 10 reps | Proper Hand Placement & Technique |
| Pop-Up to Stance | 3 | 10 reps | Muscle Memory & Stance Transition |
| Mountain Climbers | 3 | 30 seconds | Core & Hip Flexor Speed |

Phase 3: Pozer and Rotation Circuit (20 Minutes)

| Exercise | Sets | Reps/Duration | Primary Surf Benefit |
|--------------------------|------|---------------|------------------------------------|
| Goblet Squat | 3 | 12 reps | Lower Body Strength for Low Stance |
| Cable Woodchops | 3 | 10 per side | Rotational Power for Turns |
| Skater Hops | 3 | 10 per side | Lateral Power & Speed Generation |
| Pistol Squat Progression | 3 | 8 per side | Single-Leg Power & Stability |
| Medicine Ball Throws | 3 | 10 per side | Explosive Rotational Torque |

Phase 4: Balance & Agility Finisher (10 Minutes)

| Exercise | Sets | Reps/Duration | Primary Surf Benefit |
|-------------------------|------|--------------------|------------------------------------|
| Single-Leg Balance | 2 | 60 seconds per leg | Proprioception & Board Control |
| Eyes-Closed Balance | 2 | 30 seconds per leg | Nervous System Training & Reflexes |
| Russian Twists | 2 | 45 seconds | Oblique Strength & Core Endurance |
| Diaphragmatic Breathing | 1 | 2 minutes | Recovery & Focus |

[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.