

# SURFER'S FOOTPRINT

## Surf Workout Routine: Strength & Body Mechanics

*Tailored to the Female Surfer's Biomechanics*

*Do it 3x per week to build functional strength, power, and mobility*

### Day 1: Upper Body & Core

Workout	Primary Surf Benefit
<b>A1:</b> Chin-Ups or Lat Pulldowns (3xMax Reps) <b>A2:</b> Dumbbell Overhead Press (3x8-10) <b>B1:</b> Push-Ups (3xMax Reps) <b>B2:</b> Side Plank with Leg Raise (3x10/side) <b>C:</b> Medicine Ball Slams (3x10)	Builds back and shoulder power for paddling, core stability for balance, and explosive power for pop-ups

### Day 2: Lower Body & Power

Workout	Primary Surf Benefit
<b>A:</b> Kettlebell Swings (4x15) <b>B1:</b> Goblet Squats (3x10-12) <b>B2:</b> Single-Leg Deadlifts (3x8-10/side) <b>C:</b> Glute Bridges (3x15)	Develops hip power for turns, leg strength for stability, and hamstring/glute activation for injury prevention

### Day 3: Full Body & Mobility

Workout	Primary Surf Benefit
<b>A:</b> 90/90 Stretch (3x30s/side) <b>B:</b> Cossack Squats (3x8/side) <b>C:</b> Renegade Rows (3x8/side) <b>D:</b> Pallof Press (3x10/side) <b>E:</b> Bird-Dog (3x10/side)	Improves hip and ankle mobility for a lower stance, builds core anti-rotation strength, and enhances coordination

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.*