

SURFER'S FOOTPRINT

Surf Workout Routine: The Traveling Surfer

Pre-Trip Prep & On-the-Road Fitness

Stay fit and ready to surf wherever your travels take you

Phase 1: Pre-Trip (4 Weeks) - Building a Solid Base

Workout	Primary Surf Benefit
Weeks 1-2: 3x/week cardio (run, swim), 3x/week strength (squats, push-ups, rows) Weeks 3-4: 2x/week plyometrics (box jumps, med ball slams), 3x/week mobility (yoga)	Arrive strong, fit, and ready to surf your best from day one. Prevents early fatigue and maximizes wave count

Phase 2: On the Road (No Equipment) - Hotel Room Circuit

Workout	Primary Surf Benefit
3-5 Rounds: 20 Bodyweight Squats • 15 Push-Ups • 60s Plank • 15 Glute Bridges	Maintains strength and stability with a quick workout you can do anywhere. Keeps muscles activated for the next session

Phase 3: On the Road (Minimal Equipment) - Resistance Band Burner

Workout	Primary Surf Benefit
3-5 Rounds: 15 Banded Pull-Aparts • 12 Pallof Press/side • 20 Banded Glute Bridges • 15 Bicep Curls	Targets key surfing muscles (shoulders, core, glutes) with light, packable equipment. Perfect for maintaining strength on the road

Phase 4: Recovery - Post-Surf Session

Workout	Primary Surf Benefit
Hold each 1-2 mins: Pigeon Pose • Thread the Needle • Quad Stretch • Child's Pose	Reduces muscle soreness, improves flexibility, and speeds recovery so you can get back in the water faster. Essential for multi-day trips

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.