

Fit for Surf

These exercises will optimally prepare you for your surf-trip in France!
- sore muscles included –

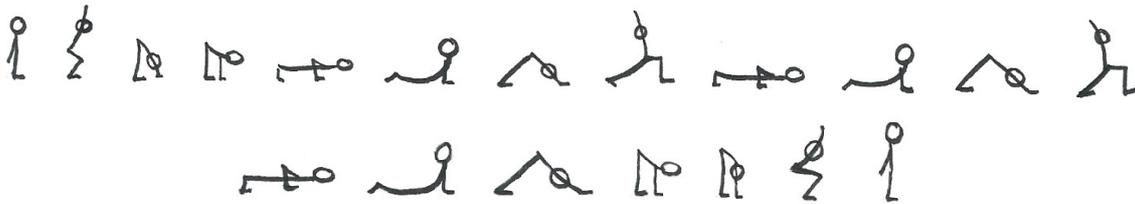
Concentrate on regulating your breath and controlling your movements while performing these exercises. If you have any pre-existing conditions, consult your doctor beforehand.

Sun Salutation

This yoga sequence is the perfect warm-up for a surf workout. The flow of these movements will improve your active-dynamic flexibility and build body tension, as well as take-off power.



Sun Salutation – Variation A
(3-5x)



Sun Salutation – Variation B
(3-5x)

Balance and Leg Stability

Knee-Bends



- 3 x 15 reps
- Variation: change the width of your stance (wide vs. close knee-bends); ball/bottle as counter-weight in hands

Chair-Pose



- Hold 20-30 secs
- Variation (easy): hands on hips

Tree-Pose



- Hold 20-30 secs
- Variation (easy): hands on hips
- Variation (hard): close eyes

Core & Body Tension

Push-Up



- 3 x 15 reps
- Variation (easy): put knees on mat

Side-Plank



- Hold 20-30 secs
- Variation (easy): put forearm or lower knee on mat

Swimmer



- Hold 20-30 secs
- or
- Lift & lower legs and arms diagonally

Bridge



- Hold 20-30 secs
- Variation (hard): Legs on exercise ball/chair; raise legs in alteration

Flexibility & Mobility

Squat



Tricep-Stretch



Shoulder-Stretch



Side-Twist Laying



Swimming

Regular swimming builds stamina and paddling power. The most suitable swimming style is the front crawl, which strongly resembles paddling. In the end, no matter which style you use to rack up your rounds in the pool, you will get used to moving in the water and using its own resistance to power your movement. Following your swim training, you could try diving for certain distances or simply holding your breath underwater. This will further familiarize you with the water, which in turn will make you more comfortable in the ocean and reduce your fears of being washed by waves.

There are, of course, any number of possibilities to prepare yourself and your body for surfing. Sports such as slack-lining, skating, long-boarding, or balance training on Indo-boards are extremely useful and fun!