



SMITH'S FITNESS

SURF STRENGTH/MOBILITY PROGRAM

Hey guys! AJ here, I'm the head coach and owner here at Smith's Fitness and what I would call a part-time surfer, cheers for grabbing this free surf strength program, I appreciate the support.

The goal of this program is to provide you with a structured approach to increase your physical capacity and improve your surfing. In no way is this the gold standard but it serves as a very entry-level, entry-point to strength training for surfing.

This free program has been designed with a few things in mind.

- Simple movements almost anyone can do.
- Minimal equipment everyone has access to.
- Minimal time invested, sessions no longer than 30 minutes.

EQUIPMENT YOU'LL NEED

1. A simple suspension band
2. A dumbbell or kettlebell - or a couple of different weights
3. Both of these can be purchased pretty cheaply from Kmart these days.

APP VERSION

For those tech savvy crew I've also popped the program into our training app.

Just follow the steps below:

- Download Train Heroic from the app store
- Create an account as usual using your own email and password.
- During registration you'll be prompted to "Connect With A Coach" use the access code "smithssurf"
- Select a date to start the program (it'll load in 4 weeks of this program (8 sessions) into your calendar)

**Feel free to share this program - the more surfers it reaches and helps the better

SESSION SETUP

In an attempt to keep the whole program nice and tidy I've organised everything into groups of 3 exercises that you'll perform circuit style, one after another for the prescribed reps for 3 sets/rounds. This goes for our warm up, strength work and even our conditioning. However, the conditioning will be for a prescribed time interval rather than for reps.

MOVEMENT PREP/WARM UP

Our warm up is focused on gaining and maintaining range of motion in key areas of the hips, hamstrings and shoulders. Rather than static stretching to improve ROM we are using dynamic movements which double up as warm up exercises for our session proper.

STRENGTH (& MOBILITY)

As mentioned I've tried to keep this program nice and simple and an entry point into strength training for surfing. You'll perform major movement patterns like Squat, hinge, push & pull in each session to make sure your getting a well rounded whole-body session. Sprinkled in with that are mobility movements that will help you gain and maintain that all important range of motion for surfing.

CONDITIONING WORKOUTS

9 x 30 sec ON, 10 sec OFF - is the base for our conditioning work. Rather than prescribing exact exercises I've listed a bunch of my favourites below that you can choose from. Choose 3 and rip in. If you want to extend for longer than 9 rounds feel free to add rounds &/or exercises or do 2-3 separate circuits of 9 intervals to really push bodyweight conditioning. Have fun with it and use your imagination. I've purposely included only bodyweight exercises that are relatively easy to perform and I feel get the body moving in a great way to help your surfing.

😊 Lastly, if you're unsure about any of this shit, just reach out 😊

Click the exercise name for a quick demo video

DAY 1

DAY 1	Exercise	Sets	Reps	Weight (if any) or notes
Warm Up	Frog Squat	3	8	
	Straddle Walk Out Sprawl	3	5	
	Goat Stretch	3	5ea	
1	Goblet Squat	3	15	
	Split Jump	3	5ea	
	90/90 Hip Switch	3	5ea	
2	Push Up	3	10, 10, Max	
	YWT	3	8	
	Active Lunge Stretch	3	20s ea	
3	B-Stance Deadlift	3	10ea	
	Skater Jump	3	5ea	
	Jefferson Curl	3	5	
4	Ring Row	3	15	
	Half Kneeling Press	3	10ea	
	Bow & Arrow	3	8ea	

DAY 2

DAY 2	Exercise	Sets	Reps	Weight (if any) or notes
Warm Up	<u>Frog Squat</u>	3	8	
	<u>Straddle Walk Out Sprawl</u>	3	5	
	<u>Goat Stretch</u>	3	5ea	
1	<u>Goblet Squat</u>	3	15	
	<u>180 Pogos</u>	3	10	
	<u>90/90 Hip Switch</u>	3	5ea	
2	<u>Cobra Push Up</u>	3	8, 8, Max	
	<u>YWT</u>	3	8	
	<u>Active Lunge Stretch</u>	3	20s ea	
3	<u>Lateral Lunge to Single Leg</u>	3	8ea	
	<u>Skater Jump</u>	3	5ea	
	<u>Jefferson Curl</u>	3	5	
4	<u>Ring Row</u>	3	15	
	<u>Half Kneeling Press</u>	3	10ea	
	<u>Bow & Arrow</u>	3	8ea	

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CONDITIONING EXERCISES - 9 X 30S : 10S (AT LEAST)

[Burpee](#)

[Sprawl](#)

[Butterfly Sit Up](#)

[Jumping Jacks](#)

[Running High Kness](#)

[Bear Crawls](#)

[Kick Sit](#)

[Scissor & Squat](#)

[Oblique Climber](#)

[Straddle](#)

WANT MORE?

If you'd like to push things further than a free program off the internet just get in touch. There are a few ways I can help from a simple gym membership here at Smith's Fitness, Online Coaching or Personal Training. Just reach out via any of the following:

www.instagram.com/smiths_fitness

www.facebook.com/smithsfitness

0416399555

Smith's Fitness: 2/17 Saltaire Way, Port Kennedy

Cheers, AJ