



## 5 Day Surf Training Program

Welcome Si Boarders! Are you ready to take your surf training to the next level? We have a fantastic 5 day, plus 2 bonus day, program designed for you. We are always available to help you if you have questions about this program. Have fun!

### Common Challenges while Surfing:

- Quick pop up with appropriate foot placement
- Surf board control in various positions such as paddling into the wave and riding the wave
- Shifting body weight to maneuver board while maintaining balance

### Common Themes of Our Dryland Surf Training:

- Cardio and mobility warm-up
- Situational training specific to surfing
- Full body conditioning for flexibility, cardio, mobility, agility, balance and strength

### Surf Training Program Design Goals:

- Provide a fun comprehensive program for surfers, especially when there are no waves
- Provide a supplemental daily training program for the competitive surfer
- Provide a progressive fitness and sport specific program for a beginner to elite surfer

### How to Use This Program:

Begin each workout with the daily warm-up which will take approximately 5 min. Then begin with a focused workout of the day. The following five focused workouts include:

1. Paddling for strength and endurance
2. Duck diving / turtle roll for board control
3. Pop up with precision and quickness
4. Board manipulation with foot work and balance
5. Sport specific maneuverability

We also include two Complete Surf Sessions which combine all aspects of the five focused workouts.

### Three Workout Strategies to Choose From:

Choose what's right for your training and modify based on time of exercise, rest interval or reps x sets. These include:







1. Complete 1 through 6 exercises for 30 seconds each, and then repeat for 3 rounds. As the workout becomes easier increase time of each exercise to 45 seconds, then one minute and complete additional rounds.

- Complete single exercise for 30 seconds, rest for 30 seconds, and repeat the exercise 3 times before moving on to the next exercise. To increase the difficulty increase exercise time and repetition and decrease rest.
- Complete ten repetitions of each exercise, then repeat 3 rounds. As the workout becomes easier increase repetitions and rounds.

### How to Progress from Basic to Elite:

Si Boards balance training systems are designed to progress you from basic to advanced exercises. We use the same board and change the Half Balls and Balls to change difficulty. See our 6 x 6 Matrix at the end of this program to show you a variety of combinations for your Si Board training. Below is a general guide.

#### 1: Pivot Point Progression: Choose your board set up from Beginner to Advanced

<i>Rocker</i>	<i>Wobble</i>	<i>Single Pivot</i>	<i>Double Pivot</i>	<i>Multi-Direction</i>	<i>Multi-Direction +</i>
					
Easiest set up for all beginners and for learning a new skill. Board will not roll but rocks in two directions.	Board wobbles and tilts in all directions but will not roll. Great for single leg strength training and rotation.	Board rocks on Half Ball side and rolls on Ball side. The first step to learn how to use a rolling board.	Board gives you some multi-direction motion while staying level. Great for advanced users learning new skills.	Most difficult ride with full multi-direction motion from all rail to rail ends. Board tilts and rolls in all directions.	Advanced set up using resistance bands attached to rail. Provides added resistance and difficulty to all exercises.

### Basic Equipment Needed:

This program is designed using our Surf Basic packages which include a Si Board balance board, 1 Half Ball and 2 Balls.

Thank you for Jumping Into the Next Generation with us! We hope you enjoy this surf training program, find new ways to advance your surf skills and enjoy the ride.

Sincerely,

Jennifer Beatty, MS, CSCS

Elysia Tsai, M.Ed., ATC

## Daily Warm Up

<p><b>Cardio Warm Up</b> 30 Seconds each move with board under the arm</p> <p><b>Purpose:</b> Increase heart rate and blood flow through your body</p> <p><b>Key Points:</b> Board under your arm increases posture awareness</p>	 <p>1: High knee run</p>	 <p>2: Butt kicker run</p>	 <p>3: Skipping in place</p>
 <p>4: Jogging with board switching hands</p>	<p><b>Mobility Warm Up</b> 30 Seconds each move grabbing board by rail</p> <p><b>Purpose:</b> Use full body range of motion to simulate demands of surfing</p> <p><b>Key Points:</b> Weight and size of board increase strength demand</p>	 <p>5: Squat and move board in small circles in front of body</p>	
 <p>6: Cross body knee drive</p>		 <p>7: Rainbow deep lunge with board overhead</p>	
 <p>8: Sumo squat to overhead press</p>		 <p>9: Upright row</p>	 <p>10: Side to side oblique rotation</p>

## paddling for Strength and Endurance

### Key Points:

- Engage full range of motion of the shoulder joint
- Strengthen muscles utilized during paddling
- Strengthen back posterior muscles for good shoulder stabilization



1: Mobility chest warm-up

Place ball under chest muscles and move arm in a side sweep motion or reaching overhead,



2: Back fly - change stance and progress to one foot

Use balls to increase strength, maintain good posture and squeeze shoulder blades together.



3: Paddle lying on board - use balls or bands

Alternating arm reaches using balls to increase shoulder stability and grip strength.



4: Jumping jacks or jumping stars

Beginners perform jumping jack with small leg openers. Advance jump into air with a leg split.



5: Static superman hold - alternate foot and arm raise

Contract back while lifting legs and arms in the air.



6: Squat jump with lateral pull down motion







Extend arms and pull arms backward upon jump.



## Duck Diving / Turtle Roll for Board Control

### Key Points:







- Strengthen specific muscles utilized during duck dives and turtle rolls for body awareness
- Engage total core strength from shoulders to hips
- Develop rotational strength and control

 <p>1: Duck dive pushup - add board twist</p> <p>Stabilize board with hands, push up then add board twist. A weak side will tilt board to towards body.</p>	 <p>2: Quadruped - add alternating leg lift</p> <p>Coordinate shoulders and hips to stabilize board then add one leg lift to increase difficulty.</p>
 <p>3: Alternating lunges - use board for oblique twist</p> <p>Step forward with right foot, lunge and rotate board over the right leg. Repeat on other side.</p>	 <p>4: Plank twist - hand balancing on a ball</p> <p>Keep spine straight, hand under shoulder and rotate top hand to the right then to the left.</p>
 <p>5: V-up to superman - alternate rolling to both sides</p> <p>V-up, roll over to a superman then roll back to V.</p>	 <p>6: Dip with alternating leg lift</p> <p>Maintain strong trunk to keep body from sinking.</p>

## Pop-Up with Precision and Quickness

### Key Points:

- Practice explosive movements
- Utilize foot placement with core control
- Spinal strength with change of direction

 <p>1: Burpee pop -up into stance - advance to board</p> <p>From your belly, press off ground with hands and thighs. Tuck knees under body and land surf stance.</p>	 <p>2: Switch stance lunges</p> <p>Drop back knee towards board, then stand and rotate facing other direction. Learn balance in both stances.</p>
 <p>3: Mountain climber- hands on board</p> <p>Stabilize board and drive alternating knees between hands. Move faster when you can keep board level.</p>	 <p>4: Reverse mountain climber - feet on the board</p> <p>Keep spine straight and engage abs to pull alternating knees towards chest. Board will twist from the center.</p>
 <p>5: Jumping jacks with ball – add ball bounce and jump</p> <p>Increase spine strength stability when ball overhead.</p>	 <p>6: Board grab deep stance ride – control board motion</p> <p>Master this move and add switch stance.</p>

## Board Manipulation with Footwork and Balance

### Key Points:

- Maintain balance of the board while shifting body weight and foot movement
- Strengthen dominant and non-dominant legs
- Lateral strength and movement for hip stability

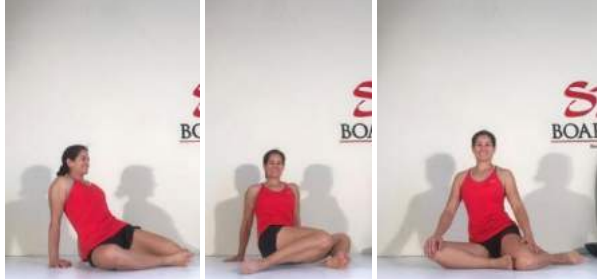





 <p>1: Side step lunge with ball - add ball bounce</p> <p>Step to the side and drop hips backward, stand in the middle and step to the other side.</p>	 <p>2: Ski jumps with ball - advance to ball overhead</p> <p>Small hops left and right while landing with control before jumping. Add ball overhead for spine stability.</p>
 <p>3: Half ball on backside - static holds</p> <p>Back foot control with body awareness. Switch back foot to ensure equal strength and balance.</p>	 <p>4: Half ball on front side - static holds</p> <p>Front foot control with weight over front foot. Switch feet to ensure equal strength and balance.</p>
 <p>6: Hang ten hold backside - advance to one foot</p> <p>Use feet strength to keep board off the ground.</p>	 <p>5: Hang ten hold front side - advance to one foot</p> <p>Use feet strength to keep board off the ground.</p>



## Sport Specific Maneuverability

### Key Points:

- Increase hip mobility and stability
- Strengthen hamstrings to create better balance on your surf board
- Air awareness with body control







 <p>1: Windshield wiper – supported and unsupported</p> <p>Feet shoulder width on ground then rotate knees left and right towards the ground to increase hip mobility.</p>	 <p>2: Bridge - feet on the board add board twist</p> <p>Lift hips off ground and stabilize board. Advance to full bridge with back off ground. Add board twist.</p>
 <p>3: Huntington hop 90 – 180 degrees half ball on back</p> <p>Weight the foot over the half ball, pop board off the ground and rotate 90 and back to learn hip activation.</p>	 <p>4: Crab - add hand lift</p> <p>Stabilize feet on board and press hands into ground. Alternate hand reach into air and keep strong spine.</p>
 <p>5: 90, 180, 270, 360 degree hops with ball</p> <p>Jump, rotate body and land facing different direction.</p>	 <p>6: Single leg dead lift with board grab</p> <p>Stabilize board with one foot, reach and grab board.</p>



## Complete Surf Session 1

Key Point:





- Let's put it all together and mimic your entire surf day through a dryland workout – have fun!

 <p>1: Run in place with board</p> <p>Run through the sand and the shallow water. Board placement in hand stimulates greater spine control.</p>	 <p>2: Board grab with alternating lunge jumps</p> <p>Increase your hip mobility and cardio with this fun move as you get ready to jump on your board.</p>
 <p>3: Downward dog to cobra</p> <p>Get your spine and shoulders ready for strong paddling and dynamic pop-ups.</p>	 <p>4: Paddle with balls or bands</p> <p>Paddle out to find your perfect wave. Increase exercise time for longer surf days.</p>
 <p>5: Jump on to board</p> <p>Jump on board, hold position in low stance, jump backwards off board then repeat with switch stance.</p>	 <p>6: Time to ride</p> <p>Put it all together and have a blast!</p>

## Complete Surf Session 2

Key Point:

- Take it to the next level with this surf day sequence designed for ultimate core strength!



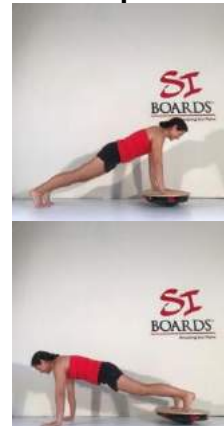

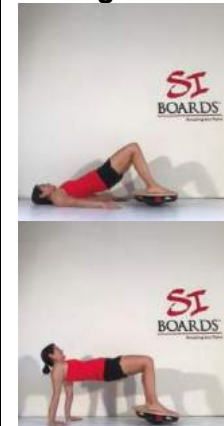

 <p>1: Straight arm plank with side to side board motion</p> <p>Rhythmic board touches left and right to the ground on a Half Ball or left and right swings when on a Ball.</p>	 <p>2: Push-ups with twist motion</p> <p>Push-up and then twist board or advance movement to push-up at same time of board twist.</p>
 <p>3: Knee drive board twist same and opposite side</p> <p>Start high and bring knee to elbow. Advance move by staying low with knee to same and opposite elbow.</p>	 <p>4: Burpee to stance to jumping jack</p> <p>Jump from belly to surf stance and quickly into the air. Advance moves by adding body rotation on air jump.</p>
 <p>5: Ride session – the best wave of the day!</p> <p>Have a blast for as long as you like. Note: Tired legs from burpee jumping makes balance and ride harder.</p>	 <p>6: Bridge – alternating arm and leg reaches</p> <p>Extend left arm overhead and right leg outward for cross body core strength. Smoothly switch sides.</p>

How can you get the most out of your Si Board? Choose one picture from each category and combine together for a new training challenge. There are infinite ways to have fun!




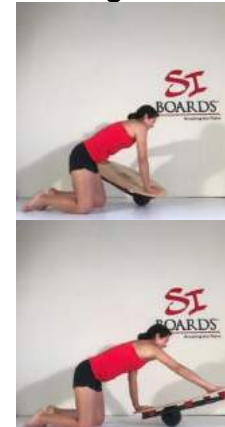
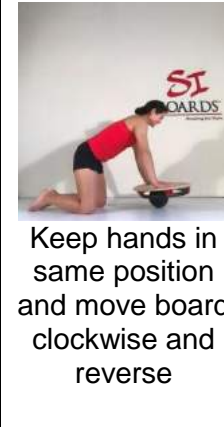
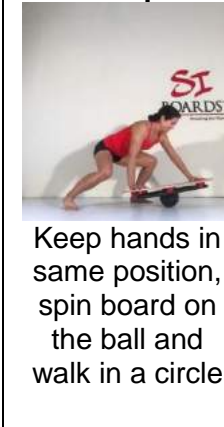
### 1: Pivot Point Progression: Choose your board set up from Beginner to Advanced

<p><b>Rocker</b></p>  <p>2 Half Balls</p>	<p><b>Wobble</b></p>  <p>1 Half Ball Centered</p>	<p><b>Single Pivot</b></p>  <p>1 Half Ball, 1 Ball</p>	<p><b>Double Pivot</b></p>  <p>2 Balls At Ends</p>	<p><b>Multi-Direction</b></p>  <p>1 Ball</p>	<p><b>Multi-Direction +</b></p>  <p>1 Ball &amp; Bands</p>
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### 2: Board Position Ideas: Then try one of these 12 different positions







<p><b>Squat / Lunge</b></p> 	<p><b>Prone / Supine</b></p> 	<p><b>Push-Up 1 &amp; 2</b></p> 	<p><b>Dips</b></p> 	<p><b>Bridge 1 &amp; 2</b></p> 	<p><b>Quad / Crab</b></p> 
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### 3: Foundation Movements: Now try to move your Si Board in these directions







<p><b>Left / Right</b></p> 	<p><b>Front / Back</b></p> 	<p><b>Twist</b></p> 	<p><b>Diagonal</b></p> 	<p><b>Circles</b></p>  <p>Keep hands in same position and move board clockwise and reverse</p>	<p><b>360 Spin</b></p>  <p>Keep hands in same position, spin board on the ball and walk in a circle</p>
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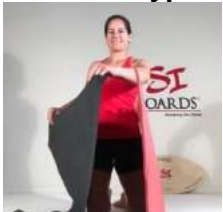





**4: Types of Muscle Contraction: Next try to coordinate and stabilize your body in these different ways**

Concentric	Eccentric	Isometric	Reactive	Move and Hold	Resisted
					
Actively moving the board to touch the ground	Slowly length your body or muscle against resistance	Hold your position steady against resistance	React to unknown forces from all directions	Move the board hard then stall/hold position at end of rail	Move the board against resistance

**5: Types of Leverage: And now try to change your base of support**

Short	Long	4 Point Stance	3 Point Stance	2 Point Stance	1 Point Stance
					
Shorten your body or joint angles to keep board close	Extend body or joint angles to add difficulty	4 points of contact for increased stability	Lift leg or hand to increase difficult	Use only two points of contact on the board	Use one point of contact on the board

**6: Changing Ride Type: Bonus challenges for the Si Boarder!**

Surface Type	Pivot Size	Board Size	Pivot Position	Hand Position	Wide / Narrow
					
Slow down your ride with thick carpet or mats. Speed up your ride with rubber flooring or concrete	Small balls move fast and quick with less strength. Large balls move slower and require more strength to control	Small boards are light and quick to move. Large board requires wider stance and greater strength to control	Center pivot creates equal weight distribution. Side placement will increase strength on the side over the Ball or Half Ball	Change your hand or foot position from parallel in a straight line to offset front and back. Try crossed arms or feet	Wide hands and feet increase your stability. Narrow hands and feet require more core control.