



GET READY 8 moves for a surfer's body

GEAR Surf and turf gear

TRAVEL Hit the trails and the waves



LIFESTYLE

Where to go, what to do and the gear you need

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Get Ready: Surfing

Catch a wave with 8 surf-worthy moves

Surfing is about timing, balance, sheer go-for-it attitude and, most of all, having fun, says Eric Akiskalian, big wave surfer and owner of Towsurfer.com. Before you book your Hawaiian vacation to experience the legendary swells, you'll need to get in shape.

Maneuvering along the unpredictable, open face of a wave is a total-body endeavor, so drop the one-body-part-per-day bodybuilding routine and focus on movements that boost flexibility, balance, strength, endurance and power in all of your muscles. Best of all, you'll be prepared to handle the inevitable wipe out.

THE 4-WEEK SURF-READY TRAINING PLAN

These moves mimic the skills needed to get you to the wave, on the wave and back to dry land in one piece. Three times each week (Monday, Wednesday and Friday, for example), perform the series as a circuit. In other words, don't rest between exercises. Three circuits is a complete workout.

Do 10 reps of each movement for the first week followed by 15, 20 and 25 reps for weeks 2, 3 and 4 respectively. Add 30 minutes of continuous swimming (you choose the stroke) twice per week.

SKILL #1: DEVELOP PADDLING ENDURANCE

Surf-specific move: Stability Ball Band Prone Lat Extension

Fact is most beginners spend more time paddling than surfing. This move will strengthen the rowing muscles of your shoulders, back and arms to deal with several minutes of nonstop activity.

Coaching tip: Avoid anchoring your feet against a stable object, as this limits the effectiveness of the exercise.

Keep a length of sturdy elastic tubing, like the Fitness Cable, in your bag for an impromptu beach training session. \$12, lifelineusa.com

Continue to take lessons with an expert and then practice to reinforce your new skills.



the water. Master this technique to maintain forward momentum and avoid extra paddling.

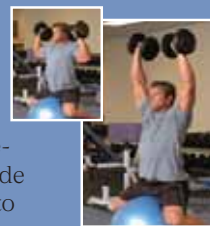
Coaching tip: Tense your abdomen during this move as if you are bracing for a body blow.

SKILL #3: IMPROVE STABILITY

Surf-specific move: Stability Ball Dumbbell Kneeling Shoulder Press

Whether you're straddling the board in a seated position, lying face-down or standing proudly as you glide across a wave, surfing requires you to balance on an unstable object.

Coaching tips: Practice this move sans dumbbells until you can maintain your position on the ball.



SKILL #2: MASTER THE DUCK DIVE

Surf-specific move: Stability Ball Pushup to Knee Tuck



Like an experienced boxer slips under a knockout blow, you'll use the duck dive to drop beneath frothy whitecaps en route to your chosen wave. A few seconds before the wave breaks, jump to your knees, stick your tail in the air and push your board under

SKILL #4: BOOST SPRINT-PADDLING

Surf-specific move: Bodyweight Lat Pullup

Timing is everything in surfing. "Paddle as hard as you can to catch the wave, but remember not to get too far in front or lost behind it," says Akiskalian.

Coaching tip: Perform the reps explosively in order to mimic the rapid-fire paddling needed to match the speed of the wave. And be sure to maintain good form.



ULTIMATE RIDES

Get to the shore in style



MINILOGO SKATEBOARD

Practice your street-surfing skills on this super-light skateboard. Skinned knees are a possibility. \$99, skateone.com

YAKIMA KING JOE 3 BIKE RACK

Bringing your cruiser to the beach? Yakima's space-saving, trunk-mounted rack holds three bikes and adjusts to fit most cars. \$138, yakima.com

ELECTRA HELLBILLY BEACH CRUISER

To guarantee this bad boy would carry you and your board to the sea, we tested it (alongside of 35,000 other cyclists) in the Big Apple. The only thing cooler than riding 42 traffic-free miles through the five boroughs of New York City, is doing it on this chopper-style beach cruiser. \$570, electrabike.com Five Boro Bike Tour, bikenewyork.org

SKILL #5: PERFECT YOUR POP-UP

Surf-specific move: Pushup to Lunge Thrust

First, determine if your stance is regular (left foot forward and right foot back) or goofy-footed (the opposite). As you feel the wave lift your board, perform an explosive pushup to lunge thrust.

Coaching tip: Once you are on your feet, keep your knees flexed to maintain a low center of gravity.

Don the X2, a 20-pound adjustable training vest (think ankle weights for your torso), when you master the dry land pop-up. Just remember to take it off before you hit the waves. \$129, thexvest.com



SKILL #6: COMMAND THE TURN

Surf-specific move: BOSU Dumbbell Squat

"Maintain a stable shoulder-width stance to keep your surfboard moving along the wave. Raising your arms perpendicular to your torso will naturally assist in the balancing process," says Akiskalian.

Coaching tip: Keep your knees behind your toes to avoid excess knee stress.

Use the BOSU Balance Trainer, for an added stability challenge. \$119.95, bosu.com

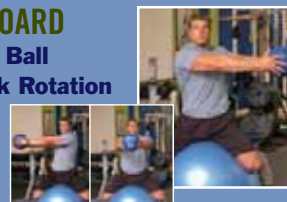


SKILL #7: CONTROL THE BOARD

Surf-specific move: Stability Ball Medicine Ball Kneeling Trunk Rotation

"Stay up as long as you can, on the wave's shoulder, or ride it straight in to the beach. Once you master this, surf the faster and steeper part of the wave," says Akiskalian.

Coaching tip: Draw your abdomen inward, towards your spine, and maintain a shoulder-width posture to target key core muscles.



SKILL #8: EXIT THE WAVE

Surf-specific move: Dumbbell Single-Arm Snatch

"If you lose control, jump away (feet first) from your board, take a breath and cover your head so that you don't get hit by your surfboard," says Akiskalian. "Avoid the impact zone of the wave and you'll avoid a beating." This total-body exercise will train your muscles to react in an instant. Each circuit, switch hands.

Coaching tip: Do this move explosively.

