



Orange County -- Armed with the science of exercise, OC Private Training has taken the beach communities by storm. This group of degreed private trainers recently released a fun alternative to the normal push and shove of weights at the gym. They have devised a program created specifically to exhaust the body's metabolic energy systems (in turn burn more calories with no extra time commitment) and the same time, train the individual for the sport-specific skills of surfing! The skills will help out a beginner by creating an on-land simulation, targeting specific muscle synergies to improve strength and stamina in even the best of surfers! And lets not forget the increased calorie consumption your body demands!!!

The workout consists of:

- Assisted Pull-ups 1set x max repetitions
- Superman Ball Pass 1 x 8-15
- Triceps Dual-Kickback on Swiss-Ball 1 x 10
- Swiss-Ball Swimming 1'30" interval training
- Core-Board Surfing 1-2'

The exercises are to be performed in series with minimal rest between each. The pull-ups performed with wide-grip will incorporate larger muscle groups and offer more intensity. The aim is to fatigue and deplete the body's creatine-phosphate system, causing on a heavy reliance upon the glycolytic systems (sugar burning). The PULL-UPS are done on the assisted machine with however much counter-weight is needed to before a challenging amount of pull-ups. The SUPERMAN consists of lying face-down and lifting one's arms in the shape of 'V' (for those in shape, pass a foam-ball slowly from hand-2-hand). The goal is to lift your upper torso vertically off the ground while maintaining a butt squeeze to protect the low back. The following DUAL-KICKBACK is done holding dumbbells while lying belly-down on the Swiss-Ball. The elbows are bent to begin, alongside your torso. The action is to straighten the arms and hold parallel to the ground for 2", then lower to 90 degrees. Next comes the Swiss-Ball SWIMMING to shed the calories. So stay lying on your belly with the ball and grab a 1-5# dumbbell in hand. This looks like swimming freestyle with your arms as your belly rests on top. The secret to the fat loss relies upon the interval structuring. The time should be divided into regular speed strokes, sprint, slow & focused, then finish with a 100% sprint! Now comes recovery! Congratulations, grab a balancing board for CORE-BOARD SURFING! Balance on a board mimicking a surfing stance to bias and ride the imaginary wave and best of all, CATCH YOUR BREATHE!

Now after a few weeks, you will feel leaner and ready to tackle the surf. Your physical skills will be honed more than ever and your inner-surfer will be released to dance across the face of a wave or feel great simply watching from ashore!

By Rob Nix, CPT

Layout

SURFING circuit for FAT Loss!

1. **PULL-UPS** – working Lat grip or shoulder grip for beginner. 1 x failure. Working to deplete body of Creatine Phosphate System. Allow assist mode on machines but create difficult and make them drop weight given once in set.

2. **SUPERMAN BALL-PASS** - 1 x 15 passes to each hand. Use small 1kg medicine ball or foam for beginner. Lie on belly, palms up. Hold ball in a “V” position with arms and keep isotonic contraction of UE. Working to exhaust the bodies fast and slow-acting oxidative system. Attempting to focus on tiring lumber section (erector spinae and paraspinals both specific to surfing and board control)

3. **TRICEPS EXTENSION WITH SHOULDER EXTENSION SUPINE ON SWISS BALL DB.** 1 x 10. working on hypertrophy adaptations while fatigued (often the wave endanger swimmers due to fatigue). Slow with 2” hold on top of kick-back, following through with shoulder hyper-extension with scapular retraction.

4. **SB SWIMMING SUPINE ON SWISS BALL DB.** 1’20 Interval.

30” regular

20” sprint

20” slow and focus on contraction (establish motor neurons and dendrite)

10” sprint *swim from the sharks!*

Have doing swiss ball dumbbell row reaching outward to scapular elevation then depressed retracted and simulate swimming freestyle. Focus on scapular movement. This is to reach the heart-rate high range and give sport-specific movement and load. All metabolic systems are now recovering but ready for final depletion.

5. **CORE BOARD SURFING.** 1 MIN TO 2 MIN. DEPENDING ON INTENSITY GIVEN. Acting an RECOVERY period. Stand on core-board and look side-ways as if surfing. For advanced maneuvers encourage BW SQUATS while riding the wave.

6. **REST** allow re-gathering and quick questions prior to rushing into second set 30” to 90” rest total given based upon levels of patrons.