

YOU

Achievement.

Total Gym for Surfers.

Total Gym achieves in half the time the functional and stability exercises and challenges necessary for optimal surfing performance.

total gym

Total Gym® for Surfers.

Surfing is so much more than just getting up on the board. And when it comes to competitive surfing - that is a whole other playing field.

A functional strength is required specific to the movement patterns of surfing. The muscles of the upper body, lower body and core have to be trained in a way that translates directly over to the sport - in a synergistic manner. While isolation in some cases is necessary (core, beginner, rehab, etc.), primarily the athlete should be trained with compound exercises that challenge the muscles, just as they would while surfing. This is necessary to improve or get the edge on a competitor...and is what separates the winners from all others.

Therefore in summary, the exercise prescription for surfers to achieve their goals cannot be achieved by single plane machine training. It has to be functional, compound movements that challenge the entire body, achieve the necessary levels of strength, mobility and flexibility, and translate directly over to the movements of surfing.

The primary movement patterns include:

- Paddling.
- Duck Diving.
- Popping Up.
- Manoeuvres on the Board (requires a strong core for stability / balance)

Total Gym achieves this, and much more.



Total Gym® for Surfers.

As a centrepiece for training, Total Gym is completely unique because it can be modified to suit a number of movement patterns required by various sports.

As a personal trainer you want to give your client the most effective workout possible. The time spent changing machines and moving to different areas within a room eats up time and disrupts what should be a time-efficient yet still challenging experience - particularly with professional athletes.

Total Gym ticks all the boxes because it enables you to work in a small area, maximising both your time and the client's. In regards to the surfer, it offers stability challenges, strength modifications and near-unlimited advancements to ensure continued progression. Total Gym also offers an exercise library of 200+ exercises and modifications and has a number of different positions to replicate nearly every movement required, due to the different tower levels, glideboard incline, cables, Lat Bars and various attachments (accessories).

The added benefits of this unique piece of equipment is it is the perfect training tool not only for able-body surfers, but also surfers who have some kind of limitation or disability and are restricted in the equipment that they can use.



Sample Exercises - Paddling

Surfer Lat Pull.

As the name states this exercise is designed for the surfer and is a favourite for anyone using Total Gym.

This popular exercise is a great way to challenge the lats / back musculature while integrating the core. This increases the strength and endurance required for paddling out, or just prior to catching a wave.

Prime Movers

Erector Spinae, Deltoids, Latissimus Dorsi, Teres Major, Pectoralis Major, Triceps (long head)

Modifications / Variations

- Increase the level of the glideboard.
- Shift from low kneeling to high kneeling to add a stability challenge (bottom right).
- Integrate rotation into the exercise by twisting the torso to one side at the top of the motion.



Swimmer.

Strengthening the back musculature and arms in a swimming motion for muscle endurance.

Prime Movers

Latissimus Dorsi, Teres Major, Triceps (Long head).

Modifications / Variations

- Static equilibrium.
- Integrate trunk rotation into the movement by elevating the active shoulder and bending the elbow at the top of the movement (similar to a freestyle stroke).



Prone Reverse Fly.

Again, strengthening the back musculature with more focus on scapula retraction and shoulders.

Prime Movers

Erector Spinae, Levator Scapula, Deltoids, Trapezius, Rhomboids, Infraspinatus.

Modifications / Variations

- More or less focus on back extension.
- Time under tension.



Sample Exercises - Duck Diving.

Dive Bomber.

This exercise replicates duck diving under a wave or popping up on a surfboard. It could be likened to a pike, however it is quite different. The starting position has the heels raised and a neutral lumbar curve. The movement then ducks down and up into a back extension. This benefits surfers translating into functional strength for ducking under waves.

Prime Movers

A full body movement, this should target most muscles including glutes, back, shoulder girdle, core and upper limbs.

Modifications / Variations

- Change hand position (bottom left) to replicate reality of surfing.
- Closed (right) or open (bottom left-middle) glideboard.
- Advanced decline position (bottom right) for increased stability challenge (bottom right-middle)
- Superset with a lateral plank position with reach (bottom right).



Varied hand positions



Open glideboard



Advanced Dive Bomber - Decline position (open glideboard)



Lateral Plank with Reach

Sample Exercises - Popping Up.

Prone to Quadraped.

While it is not safe to pop up to a standing position on the glideboard, you can pop up to a quadraped position - this is still a great stability challenge.

Direction should come from the trainer. A great method is to have the athlete performing a swimming motion on the glideboard lying prone (top right), then the trainer calls “pop up” and the athlete moves into the quadraped position (bottom right).

Prime Movers

Full body challenge.

Modifications / Variations

- Facing left, facing right.

Caution: It is not advised to stand up on the Total Gym glideboard. If ignored, all liability falls on the user and/or trainer if harmed through this action.



Drop Squat.

While there are a number of squat variations that can be performed on Total Gym, all ideal for lower body functional strength for a surfer, the drop squat in particular is unique as it mimics the concept of popping up and landing in a flexed position. It also protects the knees while still providing the necessary challenge required.

How this is different to a normal squat is that the knees pop up, then land in a neutral position as the feet land on the squat stand.

Holding additional weights at the upper body increases the challenge.

Prime Movers

Quadriceps, Hip Flexors

Modifications / Variations

- Change foot position - come down at an angle in various positions (bottom right).
- Land single leg
- Add a weight bar to the top of the glideboard.
- Increase weight of dumbbells or incorporate a weight plate held at the chest.
- Add a Bosu / DuraDisc / unstable tool on the squat stand to mimic the unstable surface under the feet while surfing.



BOSU



DuraDisc



Sample Exercises - Core.

Jack Knife.

With the SCRUNCH® accessory, you can achieve an incredible core-targeted workout. SCRUNCH® elevates core training by allowing the athlete to stretch, strengthen and stabilise the entire core and trunk for a targeted abdominal workout. This is of great benefit to the surfer who needs to achieve optimal core strength to effectively manoeuvre the surfboard.

Prime Movers

Iliopsoas, Sartorius, Pectineus, Tensor Fascia Latae, (Abdominals, Obliques)

Modifications / Variations

- Extended legs (bottom left) for a longer lever (intensity tweak).
- Single leg (bottom middle).
- Oblique left and right (bottom right).
- Speed of knees coming up - exploding, or varying from slow to fast.



Jack Knife - Extended legs



Jack Knife - Single Leg



Jack Knife - Obliques

Sample Stretch - Hip Flexor.

Hip Flexor Stretch.

There is a lot of shortening of the abdominals and hip flexors with the SCRUNCH exercise, so Total Gym allows the athlete to round out again by assisting an incredibly effective and deep hip flexor stretch. The glideboard allows for a dynamic stretch option so the athlete can move deeper and deeper into the stretch as required.



Hip Flexor Stretch with Reach.

This stretch can then be modified into a 3-dimensional stretch by adding arm drivers in the sagittal plane, frontal plane and transverse plane (as per below). This offers an incredible variation with the movements, opening up the entire body and rounding everything out again.



Hip Flexor Stretch with Sagittal Plane Reach



Hip Flexor Stretch with Frontal Plane Reach



Hip Flexor Stretch with Transverse Plane Reach

Tip...

Add an HQT Fitness Foam Roller (left) designed specifically for spinal mobilisation as a regular part of the surfer's home or post-workout program.

Surfing continually puts the body into a flexed position. Regular use of the foam roller will help restore the spine to its natural curvature and prevent any form of kyphosis setting. This will also prevent back pain later in life.



Modifications.

Working with Total Gym as a Centrepiece for Training.

Total Gym is an exciting piece of equipment due to the diversity and endless possibilities. Not only can this single piece of equipment achieve well over 200 exercises, you can add other training tools to enhance an exercise or further increase the exercise possibilities.

- For enhanced strength incorporate Dumbbells, Kettlebells, Medicine Balls, Weight Bar and Plates, and more.
- For increased functional stability incorporate a Suspension Training tool or Cable Machine.
- For stability challenges incorporate BOSU, DuraDisc, or any other unstable platform to use with Total Gym.



The glideboard is also adjustable - it be positioned from an incline to a horizontal position to act as a bench and it can be positioned at the ground level for evolved Pilates work.

The possibilities are endless.

Further Applications of Total Gym®.

Multi-Client Personal Training.

Effectively train more than one client at a time in a group format. The uniqueness of the equipment means that you can work within a small space and train multiple clients in “pods” (each with their own Total Gym unit) with a variety of exercises, each to their own level, but without having to compromise the quality of exercise selection.

GRAVITY®.

GRAVITY is the education component of Total Gym, and offers a diverse and exciting programming repertoire for the one piece of equipment.

GRAVITY Post-rehab®.

GRAVITY Post-rehab offers the integration between the physio and the trainer, allowing them to work together and ensure the Post-rehab phase fits within the client's knees. Focusing on the major joints - shoulder, back, knee - GRAVITY Post-rehab offers a clear model to helping clients or athletes overcome any injuries that befall them, and ensures a functional return to true form.

GRAVITY Pilates®.

The applications of Pilates for Surfers is fantastic and with Total Gym it takes Pilates to an entirely new level. Pilates exercises are evolved as the work on an incline and allow for a new level of training. Prefer the traditional method? Take the glideboard to the ground (horizontal) and you have a reformer-like unit that offers smooth movement.