



Stoked on Surf, Skate and Snow

Overview:

This sport specific program challenges the fittest athlete to improve their ride. Kettlebells, Indo boards, Swiss balls, Olympic bars and dumbbells are utilized to the extreme; redefine your limits in this program!

Details:

Adaptation and Balance Phase: Improve balance, core stability, and prepare your body for more dynamic training under load. 4 to 6 weeks, 3 times per week

The adaptation phase in this program is paramount as the exercises in the strength and power phase are incredibly demanding. Joint flexibility, stability and balance will be acquired over this period. Kettlebell, Swiss ball, and Indo board exercises are introduced as well as some light plyometrics

Sample Exercises*:

- Indo Board squats
- Swiss ball squats (standing)
- Multi-directional lunges
- Military Press
- Swiss ball planks, front and side
- Chin ups

Strength Phase: Increase strength on stable and unstable surfaces and perfect technique on all exercises. 6 weeks, 3 times per week.

This phase combines strength training with core and balance training. Conventional lifts are used on unstable surfaces, such as the Indo balance board trainer or the Swiss ball. Light Plyometric training is maintained to ensure cat like reflexes.

Perturbations to balance are used to mimic adjustments needed during your ride. For example, when you're riding in a barrel on your surf board and the wave is parting your hair or smacking your shoulder, this would be a perturbation. Barrel riding can be imitated by the trainer by pushing the trainee who is standing on an unstable surface, such as a Swiss ball.

Sample Exercises:

- Swiss ball squats with weight
- Indo Board overhead press
- Swiss ball dumbbell press
- Dead lifts

Power Phase: Jump higher! Improve reactivity and explosiveness. 4 weeks, 2 times per week

The power phase is what you've been waiting for to help you get more air out of the half-pipe, Ollie higher, and drive harder out of your bottom turn! Previous hard work pays off here, where movements are even more dynamic and challenging, many on unstable surfaces. Heavier

plyometrics are utilized as well as other power lifts, from power cleans to Kettlebell snatches. This phase adds explosiveness and endurance to your riding.

Sample Exercises:

- Depth jumps
- Hang cleans
- Push press on Indo board
- Plyometric push ups off 2 Swiss balls
- Kettlebell Clean and Press

Results:

- Insane core strength and reflexes
- Outstanding balance
- Decreased chance for injury
- Explosive jumping and carving
- Increased efficiency and enjoyment while riding

*All exercises are client dependant. Some exercises will be of benefit to some, but not others depending on the clients' strengths, weaknesses, coordination, balance and flexibility.

Program Price:

- 16 weeks, 2-3 times per week
- 44 sessions, \$2770 + HST
- Save \$90 with the program package compared to regular training rates!