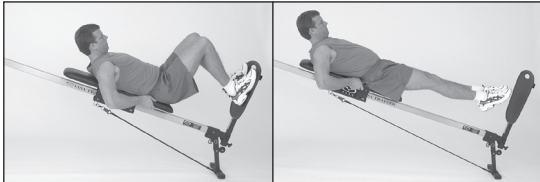


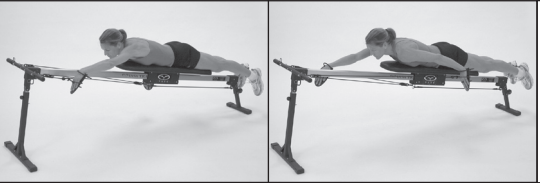
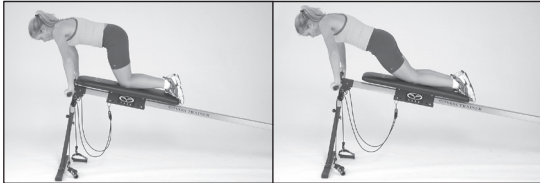

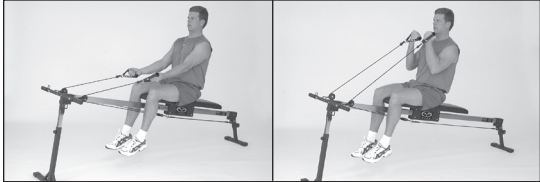


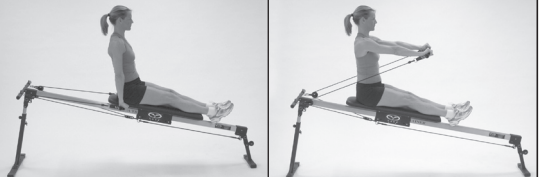




## VASA TRAINER CONDITIONING CIRCUIT FOR SURFERS

This program is designed to build and maintain effective surfing-specific strength and power to prepare you to catch and ride more waves. Here is a circuit of exercises you will be able to do with your Vasa Trainer. It's a routine that's simple and effective. Warm-up for 5-10 minutes with cardio-pull or aerobic paddling.

- **Frequency:** 3 days per week, every other day. Swim or do aerobic training between strength workouts.
- **Resistance:** Start at lowest setting and increase by 1 increment for each additional set until 15 reps are difficult to complete using good form.
- **Rest:** Rest 1-2 minutes between exercises. Do a set of one exercise, rest, then do a set of the next exercise, rest and so on to complete the circuit. Repeat circuit for second and third sets.

exercises	# of sets and reps	exercises	# of sets and reps
<b>1. PLYOMETRIC SQUATS</b> 	2-3 sets of 15-20 reps/set	<b>6. REVERSE FLYS</b> 	2-3 sets of 10-15 reps/set
<b>2. BUTTERFLY</b> 	3-6 sets of 15-25 reps/set	<b>7. SURF PADDLING</b> 	3 sets of 2 minutes continuous
<b>3. SUPER AB CRUNCHES</b> 	2-3 sets of 15-25 reps/set	<b>8. RESISTED AB CRUNCH</b> 	3 sets of 15-25 reps/set
<b>4. BICEPS CURLS</b> 	2-3 sets of 10-15 reps/set	<b>9. CHEST PRESS</b> 	2-3 sets of 10-15 reps/set
<b>5. HIGH LAT ROW (SEATED ROW)</b> 	2-3 sets of 10-15 reps/set	<b>10. SHOULDER RAISES</b> 	2-3 sets of 15-25 reps/set