

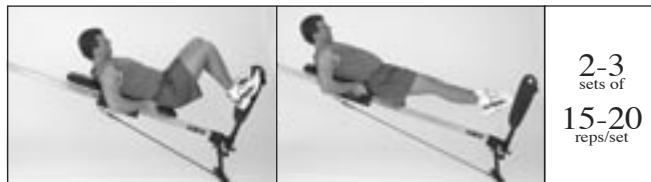
VASA TRAINER CONDITIONING CIRCUIT- for Surfers

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
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1. LEG PLYOMETRICS - both legs



2. BUTTERFLY



3. SUPER AB CRUNCHES



4. BICEPS CURLS



5. SEATED ROWING



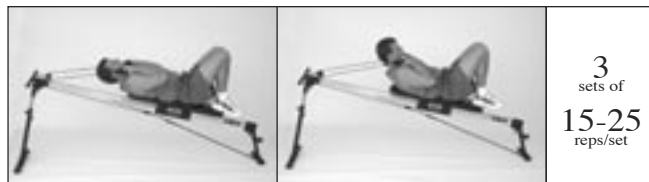
6. REVERSE FLYS



7. SURF PADDLING



8. RESISTED AB CRUNCH



9. CHEST PRESS



10. SHOULDER RAISES





VASA SURF TRAINING LOG

DAY/DATE	(1) _/_-			(2) _/_-			(3) _/_-			(4) _/_-			(5) _/_-			(6) _/_-			(7) _/_-			
	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	REPS	SETS	RES	
1	Plyo Squat																					
2	Butterfly																					
3	Super Ab Crunch																					
4	Bi Curl																					
5	High Lat Row																					
6	Reverse Fly																					
7	Surf Paddling																					
8	Resisted Ab Crunch																					
9	Chest Press																					
10	Shoulder Raises																					
11																						
12																						
13																						
14																						
15																						
16																						
17																						
18																						

REPS = # OF REPETITIONS SETS = # OF SETS RES = RESISTANCE SETTING OR WEIGHTS