

PART 5 – VASA TRAINER FOR SURFERS

5.1 Tips for Surfers - key points to remember

5.2 Power Workout for Surfers - try this 15 minute workout

5.3 Surf Paddling Exercises - improve your strength & power

5.1 - TIPS FOR SURFERS

1. FOCUS ON PROPER BODY ALIGNMENT.

Keeping your body aligned on the padded bench will help you to become a more efficient and a more powerful paddler. Proper alignment and position strengthens your core muscles and helps to engage the correct muscles for proper paddling technique.



To keep properly aligned:

- tighten your abdominals.
- press your hip region into the bench (keep a concave shape to your core).
- keep your legs tight and straight (feet about 6" apart).

2. KEEP YOUR ELBOWS HIGH.

Keeping your elbows in the same position/axis as you pull yourself up engages the proper paddling muscles (triceps, biceps and deltoids).

3. PULL UP FAST, LET DOWN SLOW.

Focusing on the "negative or eccentric" part of the exercise (let down slow). Use a fast and powerful stroke going up the incline, and a slow, controlled return. Count "1" on your way up, and "1-2-3" on your way down. Eccentric motion will maximize the benefits of each repetition.

4. KEEP YOUR LEGS TIGHT.

Keeping your legs tight and your body in a streamlined position will make you a more efficient paddler (keep your feet about 6" apart, to clear the rear stanchion as you move up and down the inline). Don't relax your legs and let them "dangle", this will put more stress on the lower back. It's OK to bring your legs up so your feet face the ceiling, just remember to continue to tighten your abs to strengthen your core muscles.



surf paddling with legs up

5. COMPLETE A FULL RANGE OF MOTION.

Be sure to complete the full range of motion in each stroke, from entry to finish. At the end of each stroke, push with your triceps and bring your hand all the way to your hips (imagine you are reaching into your back pocket).

5.2 - POWER WORKOUT FOR SURFERS

This workout focuses on building surf paddling strength so you can catch and ride more waves. Warm up for 5-10 minutes before starting this workout.

1. Start at incline level 1. Complete 10-15 reps of the Surf Paddle Stroke (shown below) focusing on proper paddling technique. Remember to pull up hard and let down slow.
2. After completing your reps at level 1, raise the incline to level 2.
3. Repeat 10-15 reps at each incline level, from level 1 through level 10.
4. After completing your reps at level 10, adjust the incline back to level 9.
5. Repeat 10-15 reps at each incline level, from 9 back down to 1.



START: tighten your abs, keep your legs tight and focus on a streamlined body



MIDSTROKE: keep your elbows high



FINISH: complete a full range of motion, pushing with your triceps, imagine you are reaching into your back pocket



RECOVERY: remember slow recover, up on "1", down on "1-2-3".

5.3 - SURF PADDLING EXERCISES

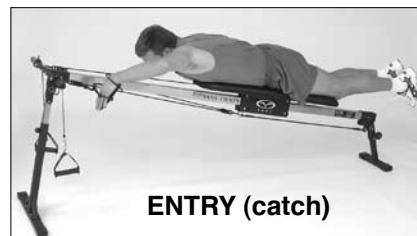
SINGLE ARM PADDLE

alternating arms, using pulley cable system

for building endurance, practicing technique and injury rehabilitation

ENTRY (THE CATCH)

- For best results, use a medium to maximum height setting and attach a power cord for more resistance.
- Reach forward and place your hands in the paddles or handles. Start with your right arm forward in the "catch" position, your left arm back in the "finish" position.
- Start the pull with your right arm, keeping your wrist and hand rigid. The left arm will move forward as the right arm moves backward.
- Keep your elbows in a high position. As you pull with the right arm, resist with the left.



ENTRY (catch)

MID-STROKE (sweep)

- Sweep your right arm under your body, simulating the same motion used in the water. Your left arm will simultaneously be recovering forward.
- Concentrate on feeling the pressure distribution in your arms, shoulders and back.
- Keep your elbows in a high position. If there were an eye on your elbow, it would be looking to the side.



MID-STROKE

FINISH

- Accelerate as your arm sweeps under your body.
- Sweep your right hand past your hips, just brushing the side of your right hip.
- Finish strongly with a final push of the hand.
- Repeat sequence alternating arms.



FINISH

TIPS

1. Remember - you will not be moving up and down the monorail when doing continuous single arm paddle. Your body will stay in one place. The resistance comes from keeping your body suspended partway up the monorail and from the power cord pulling the seat backwards.
2. If it seems "too easy", increase the slope angle or add a more resistant power cord. Remember, the resistance comes from holding your body weight against gravity for timed intervals.
3. If the cord jumps off the pulley wheel while doing continuous single arm Paddle check the following:
 - Be sure to use a smooth cadence during your stroke, keeping the cord tight throughout the range of motion.
 - Check to make sure the eyebolts on your strap bar are loose enough so the pulleys will swivel easily, but tight enough to be secure to the strap bar.
4. If the fittings (clips) on the pulley cord hit the pulley wheels when your arms are fully extended, use the freestyle extension loop. This will "lengthen" the pulley cord, giving you more cord for a full extension (see the section "Freestyle Extension Loop" in PART 1 - Assembly for more information).



RECOVERY

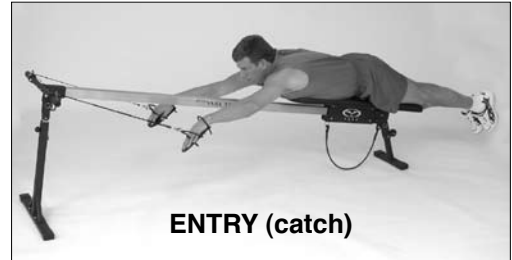
DOUBLE ARM PADDLE

using webbing straps

for building strength

1. ENTRY

- Hold both paddles and pull the bench halfway up the incline.
- Straddle the bench and lie face down on the padded bench with the top of your chest even with the front edge of the bench.
- Extend both arms forward.
- Start the pull with both arms, keeping your wrists and hands rigid.



2. MID-STROKE

- Keep your elbows in a high position as you pull with both arms.



3. FINISH

- Accelerate so that your hips move swiftly past your hands.
- Complete the stroke with a strong finish by extending your arms as your hands brush your hips.

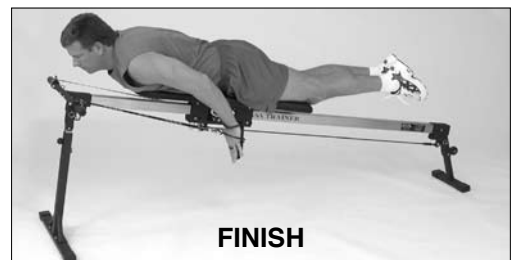


4. RECOVERY

- Keep your arms in the finish position until you feel the seat carriage start to roll back down the monorail. Hold for 1 second.
- Slowly let yourself and the padded bench glide back down the monorail, taking care to avoid acceleration or jerky motion. Use a cadence to do complete strokes, such as forward on "1" count, recover on "1-2-3" count. This allows your muscles to benefit from eccentric (or negative) contractions, as well as the concentric (forward or positive) phase of the stroke.

NOTE: Using webbing straps will provide greater resistance than using the pulley cable system. If this exercise seems too hard, try it with the pulley cable system.

CAUTION: The recovery phase of this stroke can be difficult. We recommend that you start conservatively and gradually increase the repetitions and resistance levels.



RECOVERY STROKE

both arms at once, using webbing straps or pulley cable system

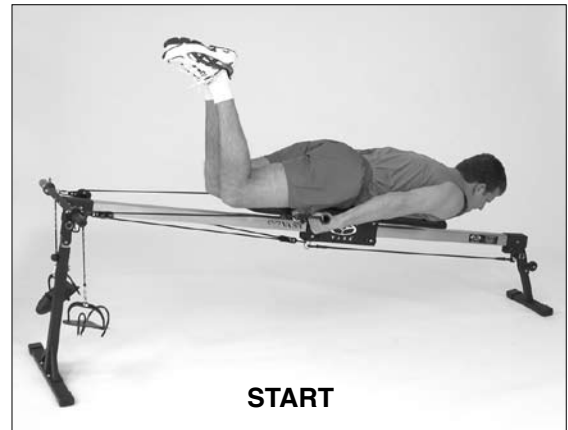
for surf paddling

To help prevent the muscles used in the "recovery" phase of the paddling from fatiguing early, incorporate this exercise into your regular workout routine.

SAFETY NOTE: This is a very strenuous exercise. Using webbing straps provides greater resistance than the pulley cable system. Before starting this stroke, we recommend that you have someone assist you and that you start with low resistance. Consider decreasing the slope to level or very slight incline by placing an aerobic step under the rear stanchion.

1. START

- Set the front stanchion telescope tube at its lowest setting. If you need less resistance, place an aerobic step under the rear stanchion.
- Hold onto the handles attached to the pulley cable system or webbing straps.
- Sit on the bench facing the rear of the machine, legs straddling the bench.
- Holding the handles, slowly lean forward and lie on the bench, head toward the rear (see START).
- Simulate the recovery stroke for Butterfly & Freestyle by slowly pulling on the handles, moving yourself up the inclined monorail (backwards!).
- Use care to start out slow and smooth, feeling the resistance so you don't overload your muscles.



2. MID-STROKE

- Concentrate on keeping your elbows and shoulders high during the recovery.
- Use a steady pace through this phase of the recovery. Accelerate only after you are comfortable doing this exercise.



3. FINISH

- Accelerate somewhat as your hands come past your head and toward the monorail.
- Finish strongly with a final push from the hands.

4. RETURN

- Hold the finish position until the seat carriage starts to roll back down the monorail.
- Slowly let your body and bench glide back down the monorail, taking care to avoid acceleration or jerky motion.
- Use a cadence to do complete strokes, such as up on "1" count, return on "1-2-3" count. This allows your muscles to benefit from eccentric (or negative) contractions, as well as the concentric (pull) phase of the stroke.

