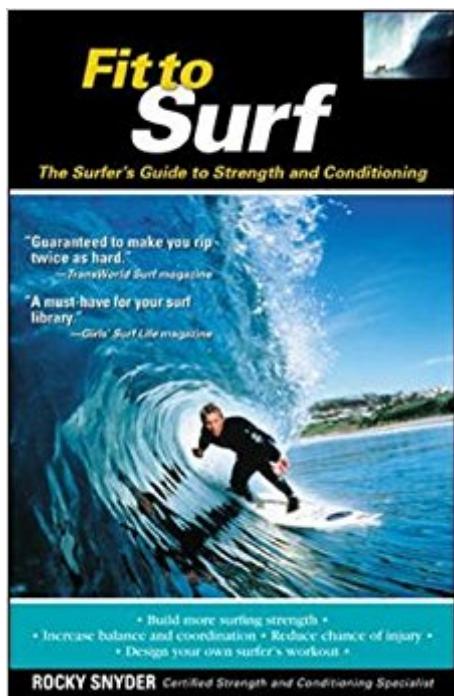


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# Fit To Surf : The Surfer's Guide To Strength And Conditioning



## **Synopsis**

Fit to Surf, a cutting-edge surfing-specific fitness guide, supplies surfers of all levels of experience with everything they need to create a personal fitness program that builds strength and endurance, increases balance and coordination, and minimizes the risk of injury. Personal trainer Rocky Snyder--himself an avid surfer with two decades of experience riding the waves--provides easy to-follow, step-by-step instructions supplemented with 60photographs of conditioning exercises that can be performed at home, in the gym, or on the water.

## **Book Information**

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## **Customer Reviews**

"Tremendous book!" -- 1080 AM KSCO Radio - Gerard Pearlberg "Very concise...reads very easily" -- Good Morning Monterey Bay - 1080 AM Radio "diagrams, lists, and pictures show surfers how to beef up their surf power and stamina. This book's guaranteed to make you rip twice as hard" -- Transworld Surf Magazine Snyder has designed an easy-to-follow guide specifically for surfers, not bodybuilders -- Longboard Magazine Aug/Sept 2001 --This text refers to an out of print or unavailable edition of this title.

"Guaranteed to make you rip twice as hard."--TransWorld Surf magazine Stay out longer, catch more waves, and perform more demanding maneuvers Whether you're a veteran surfer or just discovering the thrills of catching a big wave, this surfing-specific fitness guide helps you become a better, stronger, more agile surfer. Fit to Surf gives you everything you need to create a personal fitness program that builds strength and increases endurance, fine-tunes balance and

coordination, and minimizes your risk of injury. Renowned personal trainer and avid surfer Rocky Snyder presents easy-to-follow, step-by-step instructions for scores of illustrated exercises that you can perform at home, in the gym, or on the water. Complete with a muscle chart and a workout log you can use to organize your personal training program, Fit to Surf helps you improve your wave count, maintain a higher energy level, and master maneuvers that you thought were beyond your skills. It includes: Flexibility training Sun salutation warmup yoga poses Strength training Medicine ball and stability ball training Skill transfer exercises Endurance training Surf team drills Detailed sample workout programs "An easy-to-follow guide."--Longboard Magazine "A must-have for your surf library."--Girls' Surf Life magazine

I learned to surf about six years ago. At that time I was in pretty good shape: I worked out regularly running cross country in the mountains and weight lifted at the gym. However, I have back challenges which sometimes limit my workouts and flexibility, but my back always felt better after surfing. Wanting to be a better surfer, I Googled and found Rocky's book Fit to Surf on .com. I read through it and started using the workouts at the back of the book. After about two weeks of working out regularly, I noticed my back was flexible, and I started feeling a strength I had not found through weight training. Another benefit was my golf game greatly improved. I'm a female who hadn't hit a ball further than 170 yards. After utilizing Rocky's workout for two months I was able to drive the ball 200 yards with a 5-wood, and birdied my first hole ever on a par 4! My putting also improved. Rocky Snyder's workout helped increased the strength, flexibility, and balance throughout my core. Another aspect of Rocky's workout is a warmup of yoga poses and stretching. When I ran I never stretched before, during or after my workout. Rocky's book changed that. I now do a mini yoga warmup and stretch before and after working out, and feel much better because of it. I highly recommend this book to anyone looking to better their performance in any sport, improve their golf game, or someone just who just wants to get into shape and feel better.

This is a well-written book with a large number of exercises. Many of these exercises may be familiar if you played a high school sport; I suppose I was expecting some more unique to surfing. That said, this is a very nice compilation of exercises and would be useful to anyone looking for a prescribed routine to get in shape.

Excellent book covering required exercises to stay in shape and have strong muscles and flexibility to avoid injuries. I followed part of this program before going to Costa Rica (Tamarindo) to surf and I

wish I had done more of the exercises because my legs started to get tired after a week of daily surfing. Highly recommended.

Too yoga oriented for me. Should heed to this stuff tho, since I am of the older (62) hodads that are liable to make the wrong move. I do more basics with weights and situp pushup regimen anyway, that seems to work for my paddling. Lost my snap up thru the years. This book should be good for that.

Just what I was looking for with regards to conditioning as a beginner surfer.

COVERS ALL THE BASES IF YOUR LOOKING FOR A SPECIFIC RESOURCE FOR SURFING FITNESS,NO EXPENSIVE EQUIPMENT NEEDED.

Love it!

Useful if you want to improve your physical condition (especially if you aim at surfing in "hard" conditions) and your suppleness (if you want to get a good style and avoid injuries). This kind of book is hard to find, especially when clear and efficient!

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