



# Shawn Private Swim and Surf School

## Warm-Up Exercises



### Required – Warm-Up Exercises

#### 15 Minutes (5 minutes general warm-up and 10 minutes specific warm-up)

It is important to warm-up before your surf class. The goal is to increase heart rate, blood flow, muscle temperature, respiration rate, perspiration rate, and to decrease the viscosity of joint fluids. Warming up will prepare you mentally for your performance to be at its peak and injury-free.

This time is very important to prevent injuries and prepare the body for the next component, sport specific phase. Pictures and details about some exercises can be found at end of this document.

#### Benefits of Warming up:

- Faster muscles movement
- Bigger force development and reaction time
- Improvements in strength and power
- Lowered feeling of stiffness
- Improved oxygen delivery to the tissue
- Improved blood flow to active muscles
- Enhance metabolic reactions

#### General Warm-Up Exercises (5 minutes)– Slow to moderate full body movements

- Running
- Arms – move arms in big circles forward and reverse
- Squats
- Skipping
- Jumping Jacks
- Body Twists

#### Stretching (after general warm-up is encouraged but not required)

- Shoulder and Lower Body Stretches
- Groin Stretch
- Shoulder Deltoid Stretches
- Towel Tugs
- Thigh Stretches
- Calf Stretches

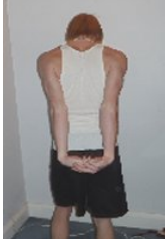



#### Specific Warm-Up Exercises (10 minutes)

- 10 Minutes of Dynamic Stretching similar to surf movements
- Develops muscle memory, activates and readies neural pathways, and provides confidence for the surfer. This dry land surfing rehearsal prepares the surfer for similar movements in the water and has proven to be of great benefit for surfers.
- Push-ups
- Squat Thrusts
- Burpees
- Standing Long Jumps
- Lunges with body twist


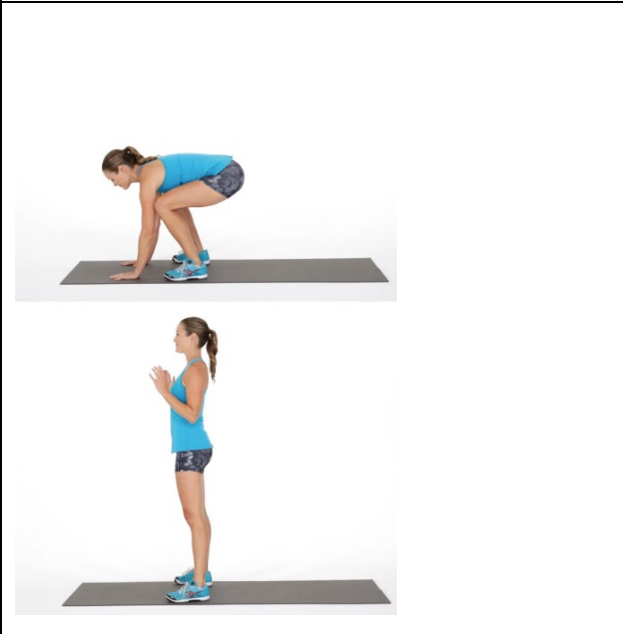
## General Warm-Up Exercises (5 minutes)

<p><b>Run</b></p> 	<p><b>Squats</b></p> <ul style="list-style-type: none"> <li>Keep your head up, torso straight, and your core engaged as you squat, sending your hips back and down.</li> </ul> 
<p><b>Jump Rope</b></p> <ul style="list-style-type: none"> <li>Put hands in “ready position”</li> <li>Grip handles with fingers and not palms</li> <li>Place rope behind you and turn the jump rope over your head.</li> <li>Catch the jump rope under your toes and lift heels and let rope from under your feet.</li> </ul>	
<p><b>Jumping Jacks</b></p> <ul style="list-style-type: none"> <li>Put your feet together, jump, and then separate your legs while raising your arms overhead.</li> <li>Jump again with your feet back together and your arms lowered.</li> </ul>	
<p><b>Body Twists</b></p> <ul style="list-style-type: none"> <li>Stand with your feet shoulder-width apart</li> <li>Move one foot forward</li> <li>Hold arms away from body</li> <li>Twist your hips</li> <li>Shift body weight as your rock side to side</li> </ul>	

## Stretches

<p><b>Shoulder and Lower Body Stretches</b></p> <ul style="list-style-type: none"> <li>• Pectoral Stretches</li> <li>• 3 times</li> <li>• Hold for 20 seconds</li> </ul>		<p><b>Groin Stretch</b></p> <ul style="list-style-type: none"> <li>• Push down with elbows</li> <li>• Hold for 20 seconds</li> </ul>	
<p><b>Shoulder Deltoid Stretches</b></p> <ul style="list-style-type: none"> <li>• 3 times each side</li> <li>• Hold for 20 seconds</li> </ul>		<p><b>Towel Tugs</b></p> <ul style="list-style-type: none"> <li>• 3 times each way</li> <li>• Hold for 20 seconds</li> </ul>	

## If time (and recommended) 10 Minutes of Dynamic Stretching similar to surf movements

<p><b>Push Ups</b></p> <ul style="list-style-type: none"> <li>• Get down on all fours, placing your hands slightly wider than your shoulders.</li> <li>• Straighten your arms and legs.</li> <li>• Lower your body until your chest nearly touches the floor.</li> <li>• Pause, then push yourself back up.</li> <li>• Repeat</li> </ul>	
<p><b>Squat Thrusts</b></p> <ul style="list-style-type: none"> <li>• Start by getting into a raised plank position but resting on your hands instead of your forearms.</li> <li>• Make sure your body is in a straight line (Head, shoulders, hips, knees and toes), your shoulders are pushed away from the floor and your core is tight.</li> <li>• Breathe in, then breathe out as you jump your feet forwards so they land as close to your hands as you can get them without arching your back up.</li> <li>• Breathe in as you jump your feet back out to the start position, holding your core tight and making sure your back does not sag.</li> </ul>	

### **Burpees**

- Stand with your feet shoulder-width apart and your arms by your sides.
- Lower into a squat position and place your hands on the floor.
- Kick or step your legs back into a plank position.
- Jump or step your legs forward to return to a squat position.
- Return to the standing position.



### **Standing Long Jump**

- Place both feet parallel to the line and then leap forward.



### **Lunges with Body Twists**

- Stand straight with your feet hip-width apart and your arms lift in front
- Take a step forward with your right leg, bend both knees and rotate torso to the right
- Return to starting position and repeat to left side
- Alternate sides