



The Complete Guide to Surf Fitness: The Definitive Guide to Surf Training Whatever Your Level

Lee Stanbury

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The Complete Guide To Surf Fitness brings together all the latest knowledge and techniques to offer a complete training program for beginners to pro's. Illustrated with more than 150 annotated photos and inspiring surf images, the guide covers everything from stretching and flexibility exercises to core strength, resistance training and plyometrics. Also covered is the use of exercise equipment such as Swiss balls, Indo boards and Bosu balls as well as a swimming program and tips for young surfers. There's no need to join a gym as all the exercises can be done at home.

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