



Workout guide for Surfinshape™ Board

Surfinshape™ is a training board designed for use in a lap pool to paddle on in a prone position to get and stay in great paddle shape. Read and adhere to the warning label before using. Your Surfinshape™ board comes with a board, resistance bucket, and attachment hardware.

To attach the resistance bucket w/ hardware:

1. Place (2) bolts through the two holes in the deck of the board. The bolt heads should rest in the inset holes and the threaded section of the bolts should come through the bottom of the board.
2. Place the bucket holes through the bolts on the bottom of the board.
3. Tighten the bucket to the board with the washer/wing nuts on the outside of the bucket.

It's always recommended when you start your training, paddle first with **NO** resistance (do not attached the resistance bucket). You can attach the hardware and tighten the bolts with the washer/wing nut to the bottom of the board without the resistance bucket.

If you find yourself sliding off the board easily, the best way to add more grip is to sand the deck **BY HAND** (specifically the area where you lay – this starts typically from the bottom half of the “S” logo down to the tail of the board). If you do sand the deck, we recommend **180 grit or 120 grit SANDING SPONGE** and to do so lightly by hand. Sanding the deck will give it a fabric like finish.

After paddling, we recommend towel drying the board as the texture on the rails and bottom of the board are prone to hold some water. A quick and thorough towel drying should be sufficient.

Getting Started

The temptation with many on their first paddle session is to add the bucket facing the nose (FULL resistance) and go...

PLEASE consider the following for your first workout to gain a greater appreciation for paddling on your Surfinshape™ board and the impact of the resistance at **MEDIUM, FULL** and **NO** resistance.



Recommended First Paddle Session:

1. Paddle 100 or 200 M (or yds depending on pool) with **NO** resistance
2. Paddle 100 or 200 M with **MEDIUM** resistance (*bucket facing tail*)
3. Paddle 100 or 200 M with **FULL** resistance (*bucket facing nose of board*)
4. Paddle 100 or 200 M with **NO** resistance (*finishing this last set with NO resistance gives a greater appreciation for the other 2 resistance levels*)

A solid every day paddle workout:

This can be dialed up or down based on stamina, time available to paddle, etc.

16 laps (800M – 4 sets of 4 down and back laps),

OR

24 laps (1200M – 4 sets of 6 down and back laps),

OR

32 laps (1600M – 4 sets of 8 laps down and back)

Consider the following interval resistance training with your workout above:

¼ of your paddle workout at **MEDIUM** resistance (4, 6, or 8 laps)

¼ of your paddle workout at **NO** resistance (4, 6, or 8 laps)

¼ of your paddle resistance at **FULL** resistance (4, 6, or 8 laps)

¼ of your paddle workout at **NO** resistance (4, 6, or 8 laps) *Great sense of flying across the pool!*

Notes:

- When reaching the end of the pool, you can spin around laying on your board after touching the wall or simply sit on your board and turn it around like you would paddling out into the lineup.
- Taking time at the end of the 4th, 6th, or 8th lap paddle set and changing the bucket position is a good break for your back, shoulders, and arms. Sometimes it's good to take another 30 seconds or minute break (or more as needed).

Preparing for a Trip:

Try this workout routine ideally starting 8-10 weeks pre-trip (paddling 3-5x week is ideal).

Weeks 1-2 16 laps (800M)

Weeks 2-4 24 laps (1200M)

Weeks 5-8 32 laps (1600M)

- It's important to listen to your body and not overdue it early. By following this approach, you can get in tremendous paddle shape for an upcoming trip.



- For those of you already in peak paddle shape, feel free to dial it up. We've had several experienced, fit, talented surfers who do this.

Other options to work into your Surfinshape™ paddle workouts:

- Consider a longer paddle workout once you reach the 3-4 week mark on a weekend of 32 (1600 M), 40 (2000 M), or even 48 laps (2400 M) with **NO** resistance.
- As you build up strength, speed, and stamina, consider a full paddle session at **MEDIUM** resistance.
- Consider pure sprint sessions with **NO** resistance – this is a good option to generate a stronger cardio workout.
- Consider swimming laps between each set (swim 100 M freestyle).

Other ways to change up your Surfinshape™ paddle workouts:

- Sprint down the length of the pool and long stroke paddle back (recommend with **NO** resistance or **MEDIUM** resistance).
- If you are capable of duck diving – adding 1-2 duck dives on the way down (true sense of slowing and restarting) is an excellent way to make your paddling more realistic.
- “Paddling into the wave laps” = 6 stroke sprints briskly paddling 3 left/ 3 right – then 6 stroke comfortable (all the way down the lane) – represents paddling into a wave.
- Zig Zags down – even in a lane, shoot for alternating paddling down to the left side of the lane and back over to the right side – changing directions only a total of 4 times over 25 M or the length of the lane - these are angled paddles but not too sharp (represents paddling to get outside before an oncoming wave breaks on you or to move up the line away from an oncoming surfer on that wave).



Using the Surfinshape™ board pre-workout for other exercises:

Make sure the hardware and bucket are removed.

- Push-ups on the side of the pool with your chest reaching the resting point of the board
- Child's pose on your knees on the board (Yoga)
- Lying on your back on your board, you can complete a variety of core/abs exercises (Pilates)

In addition to starting your workout with these alternative exercises, you can also weave this into your workout on the side of the pool in between paddle sets for a more complete body workout.

WARNING

SURFINSHAPE USE INVOLVES INHERENT RISKS OF SEVERE INJURY OR DEATH.

To reduce risks:

- Non-swimmers should consider wearing a properly fitted life jacket approved by your country's agency USCG Type III, ISO, etc.
- This board is not a life saving device.
- Never use this product while under the influence of alcohol or drugs.
- This product is designed primarily for use in pools and is not suitable for surfing.
- This product is designed for paddling in a prone position, not intended to be stood on or jumped on.
- This product should never be used by children except under adult supervision.
- If used on inland or coastal waters, always know the waterway, including current, undertow, and forecasted water and weather conditions and observe all federal and local water use regulations.
- Do not use in high surf, high wind, rapids, or near swimmers other watercraft, docks, pilings or any other obstacles.
- Do not tow or attempt to ride this board behind a boat or vessel.
- Inspect all equipment prior to use. Do not use if damaged.
- Always consult your physician before beginning any exercise program.