



Fitness Training For

**STAND UP
PADDLE SURFING**
A Conditioning Guide

By: Jon Ham

Fitness Training For Standup Paddle Surfing – A Conditioning Guide

By: Jon Ham

Copyright©2009 by Jon Ham and Fitness On The Run

Table Of Contents

Introduction

CHAPTER 1: Jon’s 6 Components of Fitness

CHAPTER 2: Jon’s Plan of Action

CHAPTER 3: Programs – Beginner

CHAPTER 4: Programs – Intermediate

CHAPTER 5: Programs – Advanced

CHAPTER 6: CONCLUSION

INTRODUCTION

Thank you for purchasing Jon's e-book. This is the first step in your journey to becoming the Stand Up Paddle (SUP) surfer of your dreams, while becoming a stronger, fitter, and healthier you! With Jon's book you understand exactly what steps to take each and every day in order to train properly for stand up paddle surfing. Jon's e-book will help you avoid common injuries and achieve your best shape and condition for stand up paddle surfing and for your everyday life.

SUP surfing is quickly becoming one of the world's fastest growing sport and fitness phenomena. SUP is everywhere! From the beaches of Hawaii and California, to the many beautiful lakes throughout the Midwestern U.S., the sport attracts people from all walks of life who love the outdoors, enjoy the water, and want a serious full body workout.

The exercises outlined in Jon's e-book are designed to be done in the comfort of your home and require minimum equipment. The carefully selected equipment is easy to use and store. In addition, it is functional and inexpensive. Jon's program does not take much space, equipment or money but it does require the dedication to ***do it consistently!*** The equipment needed is:

[TRX](#)

[Indo Board](#)

[Exercise Ball](#)

[Dumbbells](#)

[Pull up Bar](#)

If you already own an [TRX](#), [Indo Board](#), [Exercise Ball](#), [Dumbbells](#), or [Pull up Bar](#) and are not sure how to use it, Jon's program will give you great methods to use your equipment – even if you are not a standup paddle surfer. Rest assured that mastery of Jon's program will ensure that you have the skills to give SUP a try!

WARNING! As with any form of exercises, these exercises can be dangerous!

You may get hurt. Depending on your fitness level and ability, this program may not be for you. Consult a doctor before beginning any exercise program.

We are not liable for any injuries that may occur.

CHAPTER 1: JON'S 6 COMPONENTS OF FITNESS

Historically in the "Fitness Industry" there are 3 components of fitness that should be the focus for training – Cardiovascular Training, Strength Training, and Nutrition. While these are certainly important, they do not look at the entire picture, merely a cluster of pixels. Jon's components of fitness are more comprehensive and necessary for paddle surfing. I believe they each play a role and should be paid attention to on a regular basis.

They include -

1. Core Strength
2. Balance Training
3. Strength Training
4. Cardiovascular Training
5. Flexibility Training
6. Nutrition

1. CORE STRENGTH

My Program challenges the core and forces muscles to coordinate together to form movement. What is the core? The core consists of all the musculature surrounding the spine. If you cut your arms and legs off, only your core remains. Training your core is vital for your total body strength. Suppose you have a large tree with a small, weak trunk. When a powerful wind blows, it doesn't matter how strong the branches are, that tree is coming down! The same principle applies to our body! Especially for a sport like Standup Paddle Surfing! SUP is very core intensive. Your core must be sturdy. Your core supports your legs, back, neck, and shoulders; it ensures your balance. Jon's program will lay out the steps needed to strengthen your core and give you daily exercises that will help improve your core's strength. Remember, this is the foundation of your fitness routine and if you regularly and properly train your core you will see improvement in your strength, power, balance, and coordination.

2. BALANCE TRAINING

Balance is another important component of Jon's training program. Because the water is rarely smooth and glassy, the wind seldom calm, and you are standing on a large paddle surf board, YOU MUST TRAIN YOUR BALANCE! Balance is a **learned** component of your fitness training. Your body learns to balance in the same way you learned math when

you were a child PRACTICE! PRACTICE! PRACTICE! You can't expect to learn math magically without repetitive steps. Similarly, you can't expect to learn balance magically. Female gymnasts practice myriad hours on the balance beam and even the best fall. Thus, when you are not paddle surfing in water, you must train your balance at home by simulating the unstable nature of the water. Training in this manner **will** make you better at not only SUP surfing but at almost every athletic endeavor.

Pretend you are viewing a side of a mountain that has a winding, narrow switchback trail connecting the bottom of the mountain to the top. This is analogous to a line of nerves connecting your toes to your brain. As an unused trail gets overgrown with brush and becomes impassable, so is the connection between your brain (specifically the cerebellum) communicating and sending feedback via nerves and nerve synapses to the muscles throughout the body. Your brain sends a signal via nerves to the muscles and return data back to the cerebellum so your body can adjust and maintain balance. This process is known as proprioception. Training your balance can also be pictured as taking a weed-whacker to that single track trail and removing the brush so you can use it.

You must train your balance in order to...

1. Improve your coordination, motor skills, body control
2. Increase body awareness
3. Prevent injuries from potential falls
4. Maintain healthy joints
5. Improve posture
6. Make movements more efficient, requiring less energy expenditure
7. Improve athletic performance
8. Improve PROPRIOCEPTION

In this program you will begin using the [Indo Board with the Indo Flow cushion](#) and [TRX](#) to train your balance. As your ability improves, you will use the [Indo Board Roller](#). If necessary, you may hold on to something until you feel comfortable on the [Indo Board Roller](#). These skills you will learn from balance training are readily transferrable to the water, where you will be better prepared to make more powerful turns, stay on your board under challenging situations, and use shorter, more surf-able boards.

3. STRENGTH TRAINING

Muscle Balance/Imbalance

Any gym "meat-head" can do bench press all day long until his pectoral muscles blow up and he walks around hunched over like a monkey. Primitive days of strength training are over. Opposing muscle groups must be balanced while strength training or faulty movement patterns will occur, joints will not be misaligned, and injuries will occur. Muscle balance refers to working and maintaining equal tension between muscles on opposite sides

of a joint. For example there is a hinge joint at your elbow. The biceps and the triceps are the opposing muscles which bend and straighten your arm. When training, you must work your biceps equally with your triceps to balance these opposing muscles. Muscles in opposition maintain balance in this manner. Doing so ensures the opposing muscles keep their relative tension on both sides of the hinge joint equal. This same principle holds true for every muscle and joint in the body. For example, shoulder impingements may occur if chest muscles are too strong or too tight and shoulder/upper back muscles are too weak. The shoulder joint will not track properly in the ball and socket since it is repetitively being pulled by the pectoral muscles. The solution to this issue is stretching the tight pectoral muscles, and strengthening the upper back/shoulder muscles in order to keep the joint in alignment. Jon's program is designed with muscle balance in mind. Most people have similarly tight and weak muscles, and this program emphasizes working opposing muscle groups so they are in balance. Flexibility is also an important element in maintaining muscle balance and I will touch base with flexibility training later on.

Strength training must also be done with correct posture or else injury may occur. Pay attention to your posture, keep your head straight, abs drawn in, feet and knees pointed directly forward, and do your best to do the full range of motion. **Here are some specific examples of bad and good posture.**

Bad- Head and shoulders forward.



Good Posture- Head on top of the shoulders, shoulders back, abs in.



Sets/Repetitions –

This program advocates performing numbers of sets and repetitions combination for Beginners, Intermediates, and Advanced users

Beginners – 2-3 sets, 15-20 reps, based on personal ability. When 2 sets gets easier, do 3, and when 15 reps gets easier, do 20. Each set should be done to “failure” or pretty close. “Failure” is when you can no longer complete the repetition without breaking form. Whenever your form breaks, that set is done. Beginners should try to hold isometric exercises for 20 to 30 seconds if possible.

Intermediates – 3 sets, 12-15 reps. Try to find a weight (or **vector angle** on the [TRX](#)) allowing you to get 12-15 reps in at which you hit failure between reps 12 and 15. Hold isometric exercises for 30 seconds to a minute.



Example of Vector angle – as your body angle steepens, the exercise gets more difficult. Another way to make the exercise more difficult with the TRX is to move further away from the anchor point.

Advanced – 3-4 sets, 8-12 reps. The exercises are more difficult in this program, so 8-12 reps are realistic unless otherwise noted in the program. Adjust vector angles and weights to facilitate failure between reps 8-12 without breaking form! Always keep correct postural alignment!

Tempo -

For Jon's program, the tempo at which you lift will be as followed –

Beginners – 2-1-2 – meaning - 2 seconds down, 1 second hold, 2 seconds up. For example, if you are doing a pushup- begin in a pushup position and lower yourself down (2 seconds), hold at the bottom (1 second), and push up (2 seconds). It sounds slow, but at the beginning stages of a program, I believe it is a good thing to go slow to get form correct and get in the habit of feeling every single inch of the exercise.

Intermediates – 2-1-1 – this will speed up the tempo a bit and work the muscles a little more. At this stage, resistance is increased, so a little more speed is a GOOD thing. A little quicker on the concentric contraction (on the way up in the pushup example) is in order here for strength development.

Advanced – 1-0-1 – There is no holding during this stage of training at the isometric (bottom in our pushup example) portion of the exercise. This will facilitate more of a power function to the training.

Circuit Training –

This program is a total body exercise program integrating many of the muscles in the body to work together as one. Therefore, because we are not targeting a single muscle, it is a good idea for you to move through the exercises with very little rest between sets. I have designed the program for you to avoid rest (depending on your fitness level), thus creating an efficient means of exercise. Your heart rate should be elevated the entire time and you should be breathing hard after the first complete set. This type of exercise simulates what you experience in the water as a SUP'er. Your entire body works for an extended period of time with very little rest.

You will do a circuit format of training, meaning you will perform the exercises in the order listed, take 10-20 seconds, you do the next exercise on the list, take 10-20 seconds and do the next exercise etc... When you have completed that group of exercises on the list, start over and do it again until you have completed all the required sets. You will probably want to take a minute break between sets after completing a group of exercises.

Therefore, during training you begin slowly with light weights and performing more repetitions. As you progress, you will lessen your rest time, lift heavier weights, perform less reps, more sets and execute the exercises more quickly as you get stronger. Push yourself! The more you challenge yourself, the faster the results will come. You can do this!

4. CARDIOVASCULAR TRAINING

You do cardiovascular Training to challenge your heart and circulatory system. I like to think of the heart your body's engine. Instead of monitoring Revolutions Per Minute (RPM) in your car's engine, you monitor Beats Per Minute (BPM) of your heart.

You can see that the circuit training is a form of training your heart. During circuit training, your heart rate will be in a cardiovascular zone the ENTIRE time, and pushing your upper limit at times. However, doing this workout is not enough training for your heart. You should have time put aside for additional cardiovascular training. For example, I ride my mountain bike 2-3 times per week for 1-3 hours. I realize that not everyone lives in [Mountain Bike paradise](#) as I do, so you find something that works for you. Ideally you do your cardio for 1 hour, 2-4 times per week. Options include but are not limited to... Mountain biking, road biking, swimming laps, running, elliptical machine, stationary cycle, spinning, stair climbing, rowing etc... Just find a way to train your cardiovascular system on a regular basis. JUST DO IT! You will have better endurance when you paddle, plus it will make you stronger, help you lose or keep weight off, and keep you and your heart smiling!

Heart rate –

As your car has a Red Line for the Maximum RPM's, your heart has a red line of a maximum safe BPM. I think most of the ways to calculate your max heart rate are useless. Many fitness professionals use the formula **$HR_{max} = 220 - age$** . I think there are flaws with this formula. As you get more and more trained, it is common for your max heart rate to increase. I prefer you wear a [heart rate monitor](#) while doing your cardio and also to use perceived exertion level to see what your heart rate range on the monitor, verses your perceived exertion level. Perceived exertion level is how hard you feel you are working. For example, if you have been riding your bike for 30 minutes and you perceive your exertion level to be a 5 out of 10 and your heart rate is 120BPM, and suddenly you encounter a large climb which you decide to push to the max, you can see your heart rate climb perhaps to 187 and your perceived exertion level to a 10 of 10. It is fair to assume 187 is your max, even though you could be 40 years old! That is not unreasonable, but if you only used the heart rate formula, 180 beats per minute would be your max. This is why the formula has many exceptions.

Using the above example, you can adjust your heart rate monitor accordingly to show that 187 is now your max heart rate. This way, while doing your exercises you can set your monitor to read your heart rate as a percentage of your max instead of beats per minute. At

any point, you can look down and see that you are at 68% of your max or wherever you are at that moment.

Interval training is the best way to get in good cardiovascular shape. You want to have peaks and valleys in your heart rate training, so your heart rate constantly goes up and down. For example, riding mountain bikes in the mountains where there are hills to climb followed by downhill runs that require little or no pedaling can provide excellent interval training for you. As you get more fit, take on longer climbs and push harder at points. If necessary you can push less to provide a bit of recovery time when necessary.

Recovery Rate – You and some buddies are out in some big surf, when suddenly a group of massive lines appear on the horizon. You paddle your brains out so you don't get crushed! Success! You get out in time to spin around, catch the beast and go screaming down the giant face. Congrats, you just paddled into a monster! You kick out on the shoulder and keep paddling back out because there are 3 more giant slabs coming right at you that are about to break. You paddle, paddle, get over the first one, and your heart is beating through your throat! You float over the second and position yourself to catch the third set. Problem is, if you are still breathing hard, your heart rate is through the roof. This means your *Recovery Rate* is too slow. If you have been training your cardiovascular system properly and regularly, your system will be recovered and your heart rate is down to a manageable level 60-70%, not 90+%. That third wave is a breeze to catch if your recovery rate is where it needs to be. The more fit you become, the quicker your heart rate recovers and the more efficient you become. TRAIN! TRAIN! TRAIN! And you will be able TO CATCH MORE WAVES!

5. FLEXIBILITY TRAINING

Pre workout stretching (DYNAMIC WARMUP STRETCHES)– Get your blood flowing before stretching, by jogging, walking, rowing, etc... You must stretch before and after every workout. For **Pre workout stretching**, each stretch should be done dynamically – meaning move in and out of the stretches without holding any stretch more than a couple seconds. This quick routine shouldn't take more than 5 minutes total.

TRX Lat Stretch/Side Lat Stretch – with one foot in front and your arms straight, lift your arms up by your ears and lean forward, pushing your chest forward. For side lat stretch bend to the side.



TRX Chest Stretch – make a “goal post” with your arms bent at 90 degrees and elbows even with your shoulders. Push your chest forward stretching your chest, shoulders, arms, and torso.



TRX Offset Hip Hinge – keeping your back straight, place one foot in front keeping that foot flexed and lean forward pushing your hips back. You should feel a pull in your hamstrings in the leg that is forward.



TRX Wide Stance Hip Hinge – with a wide stance, push your hips back keeping your back straight. Lean forward keeping knees slightly bent, and stretching the hamstrings and inner thighs.



TRX Standing Figure 4 Stretch- bend your right leg and place your left ankle on your right knee. Slowly bend your right knee more and gently lean forward. You should feel this in your left rear hip area. Switch legs and repeat the motion.



TRX Lower Back Stretch – with the TRX fully extended, push your hips back until your arms are up by your ears. Hang on the straps keeping your knees straight and bend from your hips to stretch the lower back.



Post Workout Stretching – These exercises should be done with a **Static Hold** – 30 seconds to 60 seconds long with a mild discomfort level. This should take a maximum of 5 minutes as well.

Calf Stretch – with one foot back, drop your back heel down to the floor and lean forward. Gently push on a wall or solid object to keep the heel down on the floor.



Hamstrings Stretch on the ground – use a towel wrapped around your foot to pull your leg toward your head. Do your best to keep your knee mostly straight with a slight bend.



IT Band Stretch on the Ground – using a towel to do the Hamstrings Stretch, cross your body with your leg to stretch the side of your leg and glutes that is being stretched.



TRX Chest Stretch - make a “goal post” with your arms bent at 90 degrees and elbows even with your shoulders. Push your chest forward stretching your chest, shoulders, arms, and torso.



6. NUTRITION

This is such a huge topic and there are a million books on the subject. I am going to refer out on this topic, since the purpose of this book is more on the exercise portion of standup paddle surfing training. Books that I would recommend on nutrition are the following...

[Carmichael, Chris. Food For Fitness](#)

[Oz, Mehmet C., Roizen, Michael F. YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger](#)

[Zinczenko, David. Eat This, Not That – The No-Diet Weight Loss Solution](#)

[Zinczenko, David. Eat This, Not That- Supermarket Survival Guide](#)

CHAPTER 2: JON'S PLAN OF ACTION

PROGRAMMING

This book is split up into 3 different categories – Beginner, Intermediate, and Advanced. I recommend that even Advanced users start with the Beginner programs in order to make sure all exercises are mastered before moving on to the Intermediate and Advanced programs. Starting slowly will only give you more competence and a better base to build on.

There are many ways to split programs up for different sports and different goals. For example, advanced bodybuilders hammer one body part or two per day, 6 days per week, and do a bit of cardio each day. They do heavy weight, low repetitions, and their goal is strictly to “get huge.”

Personally, I couldn't care less! Getting “huge” will not make you a better SUP'er. Your goals are to get your entire body to work together efficiently, not to get individual muscle groups isolated against each other. Working Jon's program, you are going to be integrating your entire body while performing higher numbers of reps. Days between strength sessions will include Cardiovascular training and Flexibility training. After all, our heart is our most important muscle in the body, and we must keep flexible! This should all be done in addition to your regular paddling. Take advantage of windy, choppy, and flat days and train your paddling on the land! You have your [TRX](#), [Indo Board](#), [Exercise Ball](#), [Dumbbells](#), and [Pull up Bar](#), and these will help train you for when the conditions are ripe. If you live in the Midwest on a lake or on a river in Oregon, you better be using winter time to sharpen your skills and get strong for the next season!



CHAPTER 3: BEGINNER PROGRAM

Beginners Workout #1

2-3 SETS , 15-20 REPS

Dynamic Warmup Stretches

TRX Row

TRX Atomic Pushup

TRX Letter V

TRX Letter W

TRX Letter A

Squat + Shoulder Press

Side Plank

20 Second Hold

Prone Cobra

30 Second Hold

Indo Board Roll Balance Practice

Hold on to a stable surface if needed

Side Lunges

Stretches Static Hold

Beginners Workout #2

2-3 SETS , 15-20 REPS

Dynamic Warmup Stretches

Indo Flow Pushups

Do The Best You Can! Don't worry about reps

Pullups

Indo Flow Lateral Raise

Indo Flow Front Raise

Indo Flow Reverse Fly

Dumbbell 1 Arm Row

TRX Transverse Lunge

Side Plank

20 Second Hold

Superman hold

30 Second Hold

Ball Plank Hold

30 Second Hold

Indo Board Roll Balance Practice

Hold on to a stable surface if needed

Stretches Static Hold

Beginners Workout #3

2-3 SETS , 15-20 REPS

Dynamic Warmup Stretches

Pullups

Do The Best You Can! Don't worry about reps

TRX Pushups w/hands on straps

TRX Letter T

Ball Bench Press

3 way lunge

5 per leg

Ball Ab Crunch

Ball Oblique Crunch
Squat + Shoulder Press
Ball Plank Hold
Side Plank

Stretches Static Hold

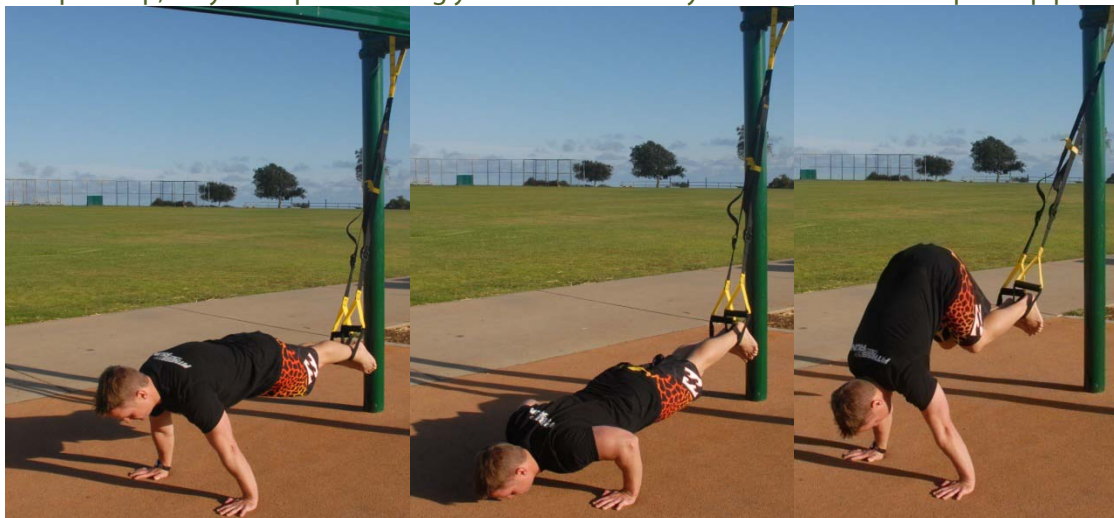
Beginner Workout Pictures – a how-to guide

Beginners Workout #1 2-3 SETS , 15-20 REPS

TRX Row – with no slack in the TRX straps, walk your feet forward to create a desired vector angle. Keep your head straight and slowly bend your arms to bring your hands near your arm pits. Pinch your shoulder blades together, and slowly lower yourself back to the starting position.



TRX Atomic Pushup – from a pushup position, slowly bend your arms to do a pushup. As you straighten your arms and push up, lift your hips and bring your knees toward your chest. Return to pushup position and repeat.



TRX Letter V – begin with your arms in a V position with your arms above your head. Walk your feet forward, keeping one foot back. You will use your back leg for assistance. Slowly drop your shoulders down so your hands are directly in front of you meanwhile keeping your body straight. Raise your hands directly up to the V position while keeping your arms straight. Use your back foot for assistance.



TRX Letter W - begin with your arms in a W position or "goal post" position. Walk your feet forward, keeping one foot back. You will use your back leg for assistance. Slowly drop your shoulders down so your hands are directly in front of you meanwhile keeping your body straight. Raise your hands directly up to the W position. Use your back foot for assistance.



TRX Letter A – begin with your hands out to your side without slack in the TRX straps. With one foot behind the other, slowly lower your body back ward until your hands are directly in front of you. Keeping your arms straight, pull your body back to the starting position or "A" position. Palms face backward at starting/finishing position.



Squat + Shoulder Press – begin with your feet shoulder width apart facing directly straight forward. Push your hips backward and bend your knees, keeping your dumbbells near your shoulders. Keep your knees on top of your feet without letting your knees go over your toes. Push your body up to a standing position while lifting the dumbbells above your shoulders. Repeat.



Side Plank – on one forearm and the other fist, lift your body off the floor and hold.



Prone Cobra – lying on your stomach, lift your knees off the floor keeping your legs straight by contracting your glute muscles. Direct your thumbs up to the sky and pinch your shoulder blades together. Your head should stay

straight without looking up, and your palms should face the floor. Hold.



Indo Board Roll Balance Practice – be careful!



Side Lunges – Step to the side and bend the knee you are stepping to by pushing your hips back. Keep your foot and knees pointed directly forward.



Beginners Workout #2

2-3 SETS , 15-20 REPS

Indo Flow Pushups – from a pushup position with your hands on the Indo Flow cushion, bend your elbows and bring your chest down toward the board. Push back up.



Pullups – hanging with an underhand grip on a bar, pull your body up as to bring your hands to your chest. Slowly lower and repeat.



Indo Flow Lateral Raise – Standing on the Indo Board with the Flow cushion and dumbbells by your side, raise the dumbbells to the side of your body so your elbows are even with your shoulders and palms face forward. Slowly lower back to your side and repeat.



Indo Flow Front Raise - Standing on the Indo Board with the Flow cushion and dumbbells by your side, raise the dumbbells to the front of your body so your elbows are even with your shoulders and palms face the floor. Slowly lower back to your side and repeat.



Indo Flow Reverse Fly – bend your knees and keep your back straight. Bend over from the hips and let the dumbbells hang in front of you. With a slight arm bend, raise the dumbbells out to the side of you and then slowly lower back to the starting position.





Dumbbell 1 Arm Row – with your right leg forward, bend from the hips, keeping your back straight. Support yourself using your right arm and using a dumbbell in your left hand, raise your elbow, bringing your hand toward your armpit. Pinch your left shoulder blade into your spine, and lower. Switch arms and legs after reps are complete.



TRX Transverse Lunge- begin with your elbows by your side and no slack in the TRX straps. With your left foot, step backward and toward your right making a “curtsy” movement. Keep your right knee on top of your right ankle. After reps are completed, switch feet.



Side Plank - on one forearm and the other fist, lift your body off the floor and hold. You may also lift your arm in the air to make it more difficult (as shown).



Superman hold- lying on your stomach, lift your knees off the floor keeping your legs straight by contracting your glute muscles. Lift your arms up next to your ears and keep your arms straight. Your head should stay straight without looking up, and your palms should face the floor. Hold.



Ball Plank Hold- with the ball on your forearms, hold your body straight without arching your back or picking your hips up. Tighten your abs and squeeze your glutes!



Indo Board Roll Balance Practice – be careful!



Beginners Workout #3

2-3 SETS , 15-20 REPS

Pullups - hanging with an underhand grip on a bar, pull your body up as to bring your hands to your chest. Slowly lower and repeat.



TRX Pushups w/hands on straps – with your hands on the TRX handles and body facing away from anchor point, walk your feet toward anchor point. Bend your arms and move hands outward until elbows are even with your shoulders. Keep your elbows on top of your hands at all times. Push back up. Keep your body tight and straight. To make the exercise more difficult, move your feet backward.



TRX Letter T- begin with your arms straight out to your side without slack in the TRX straps forming a "T" position. With one foot behind the other, slowly lower your body back ward until your hands are directly in front of you. Keeping your arms straight, pull your body back to the starting position or "T" position. Palms face forward.

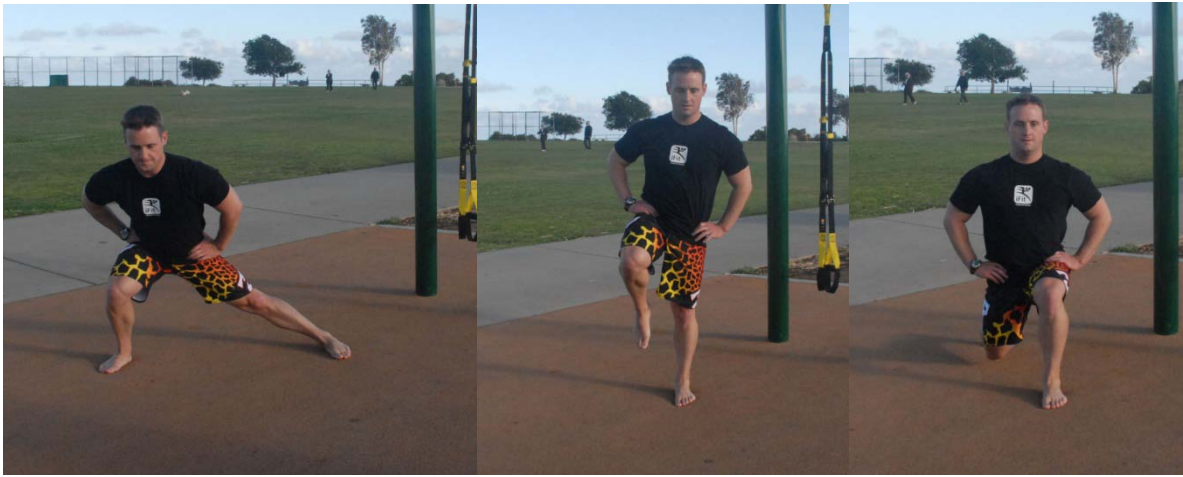


Ball Bench Press – with dumbbells in hands, lie down on the ball, keeping your head and neck supported on the ball and head facing the sky. Bend your arms and lower the dumbbells until elbows are even with your shoulders. Push the weight back up.



3 way lunge – step forward, bend both your front and back knee, dropping your back knee down almost to the ground. Push off your front leg and without touching the ground with that front foot, step to the side, bending your outside leg and pushing your hips back to keep your outside knee on top of your ankle. Push off your outside leg and without touching the ground with that front foot, step backward and bend that knee, almost touching the ground with the knee. Push off the back foot and step forward, repeating the exercise. Do 5 with that leg and switch legs.





Ball Ab Crunch – lying on the ball with your small part of your back on the ball, keep your hands loosely behind your head and using your torso, lift your upper body and then return to the starting position slowly.



Ball Oblique Crunch- perform the above crunch with rotation, keeping your head straight and not pulling on your head and neck.



Squat + Shoulder Press - begin with your feet shoulder width apart facing directly straight forward. Push your hips backward and bend your knees, keeping your dumbbells near your shoulders. Keep your knees on top of your feet without letting your knees go over your toes. Push your body up to a standing position while lifting the dumbbells above your shoulders. Repeat.



Ball Plank Hold - with the ball on your forearms, hold your body straight without arching your back or picking your hips up. Tighten your abs and squeeze your glutes!



Side Plank - on one forearm and the other fist, lift your body off the floor and hold. You may also lift your arm in the air to make it more difficult (as shown).



CHAPTER 4: INTERMEDIATE PROGRAM

Intermediates Workout #1

3 SETS, 12-15 REPS

Dynamic Warmup Stretches

TRX Row

TRX Atomic Pushup w/Hands on Indo Board Flow Cushion

TRX Letter V

TRX Letter W

TRX Letter A

Squat + Shoulder Press on Indo Flow

Side Plank Reps

Prone Cobra

Indo Board Roll Balance Practice

Side Lunges with Hop 5+5+5

Stretches Static Hold

Intermediates Workout #2

3 sets

Dynamic Warmup Stretches

Indo Flow Pushups with feet on ball

Do The Best You Can! Don't worry about reps

Pullups

Increase weight

Indo Flow Lateral Raise

Increase weight

Indo Flow Front Raise

Increase weight

Indo Flow Reverse Fly

Dumbbell 1 Arm, 1 Leg Row

TRX Transverse Lunge

Side Plank Reps

Superman Hold

1 min

Ball Plank Hold

1 min

Indo Board Roll Balance Practice

1 min

Stretches Static Hold

Intermediates Workout #3

3 sets

Dynamic Warmup Stretches

Pullups

Do The Best You Can! Don't worry about reps

TRX Front Fly

TRX Letter T

Ball Bench Press

3 Way Lunge

8 Per Leg

Floor Ball abs w/Ball Between Feet

Ball Oblique Crunch W/Ball Between Feet

15x/side

Squat + Shoulder Press on Indo Flow

Ball Plank Hold

1min

Stretches Static Hold

Intermediate Workout Program – a how-to guide

Intermediates Workout #1

TRX Row - with no slack in the TRX straps, walk your feet forward to create a desired vector angle. Keep your head straight and slowly bend your arms to bring your hands near your arm pits. Pinch your shoulder blades together, and slowly lower yourself back to the starting position.



TRX Atomic Pushup w/Hands on Indo Board Flow Cushion - with your hands on the Indo Board with Flow Cushion from a pushup position, slowly bend your arms to do a pushup. As you straighten your arms and push up, lift your hips and bring your knees toward your chest. Return to pushup position and repeat.



TRX Letter V - begin with your arms in a V position with your arms above your head. Walk your feet forward, keeping one foot back. You will use your back leg for assistance. Slowly drop your shoulders down so your hands are directly in front of you meanwhile keeping your body straight. Raise your hands directly up to the V position while keeping your arms straight. Use your back foot for assistance.



TRX Letter W - begin with your arms in a W position or “goal post” position. Walk your feet forward, keeping one foot back. You will use your back leg for assistance. Slowly drop your shoulders down so your hands are directly in front of you meanwhile keeping your body straight. Raise your hands directly up to the W position. Use your back foot for assistance.



TRX Letter A - begin with your hands out to your side without slack in the TRX straps. With one foot behind the other, slowly lower your body back ward until your hands are directly in front of you. Keeping your arms straight, pull your body back to the starting position or “A” position. Palms face backward at starting/finishing position.



Squat + Shoulder Press on Indo Flow – Standing on the Indo Board with the Flow cushion underneath, begin with your feet shoulder width apart facing directly straight forward. Push your hips backward and bend your knees, keeping your dumbbells near your shoulders. Keep your knees on top of your feet without letting your knees go over your toes. Push your body up to a standing position while lifting the dumbbells above your shoulders. Repeat.



Side Plank Reps - on one forearm lift your body off the floor, then lower your body without touching the floor, and repeat.



Prone Cobra - lying on your stomach, lift your knees off the floor keeping your legs straight by contracting your glute muscles. Direct your thumbs up to the sky and pinch your shoulder blades together. Your head should stay straight without looking up, and your palms should face the floor. Hold.



Indo Board Roll Balance Practice - Be Careful!



Side Lunges with Hop – from a standing position, step to the side and perform a side lunge. Push off the side leg and jump to the other side and perform a side lunge on the other leg. Explode off that leg and go back to the other leg.



Intermediates Workout #2

Indo Flow Pushups with feet on ball – with hands on the Indo Board with the Flow cushion underneath and legs or toes on the ball, perform a pushup. This is a difficult exercise. To make it easier, place more of your legs on the ball, and to make it more difficult, place your toes on the ball with your feet flexed.



Pullups - hanging with an underhand grip on a bar, pull your body up as to bring your hands to your chest. Slowly lower and repeat.



Indo Flow Lateral Raise - Standing on the Indo Board with the Flow cushion and dumbbells by your side, raise the dumbbells to the side of your body so your elbows are even with your shoulders and palms face forward. Slowly

lower back to your side and repeat.



Indo Flow Front Raise - Standing on the Indo Board with the Flow cushion and dumbbells by your side, raise the dumbbells to the front of your body so your elbows are even with your shoulders and palms face the floor. Slowly lower back to your side and repeat.



Indo Flow Reverse Fly - bend your knees and keep your back straight. Bend over from the hips and let the dumbbells hang in front of you. With a slight arm bend, raise the dumbbells out to the side of you and then slowly lower back to the starting position.



Dumbbell 1 Arm, 1 Leg Row – standing on your right leg and your dumbbell in your left hand, bend from the hips, keeping your back straight. Raise your elbow, bringing your hand toward your armpit. Pinch your left shoulder blade into your spine, and lower your hand. Switch arms and legs after reps are complete.



TRX Transverse Lunge - begin with your elbows by your side and no slack in the TRX straps. With your left foot, step backward and toward your right making a "curtsy" movement. Keep your right knee on top of your right ankle. After reps are completed, switch feet.



Side Plank Reps - on one forearm lift your body off the floor, then lower your body without touching the floor, and repeat.



Superman Hold - lying on your stomach, lift your knees off the floor keeping your legs straight by contracting your glute muscles. Lift your arms up next to your ears and keep your arms straight. Your head should stay straight without looking up, and your palms should face the floor. Hold.



Ball Plank Hold - with the ball on your forearms, hold your body straight without arching your back or picking your hips up. Tighten your abs and squeeze your glutes!



Indo Board Roll Balance Practice – Be careful!



Intermediates Workout #3

Pullups hanging with an underhand grip on a bar, pull your body up as to bring your hands to your chest. Slowly lower and repeat.



TRX Front Fly – facing away from the TRX anchor point and your hands on the TRX handles, bend your elbows slightly and lower your body forward, with your arms going out to the side of your body until your elbows make a straight line through your shoulders. Press your body up to the starting position.



TRX Letter T - begin with your arms straight out to your side without slack in the TRX straps forming a "T" position. With one foot behind the other, slowly lower your body back ward until your hands are directly in front of you. Keeping your arms straight, pull your body back to the starting position or "T" position. Palms face forward.

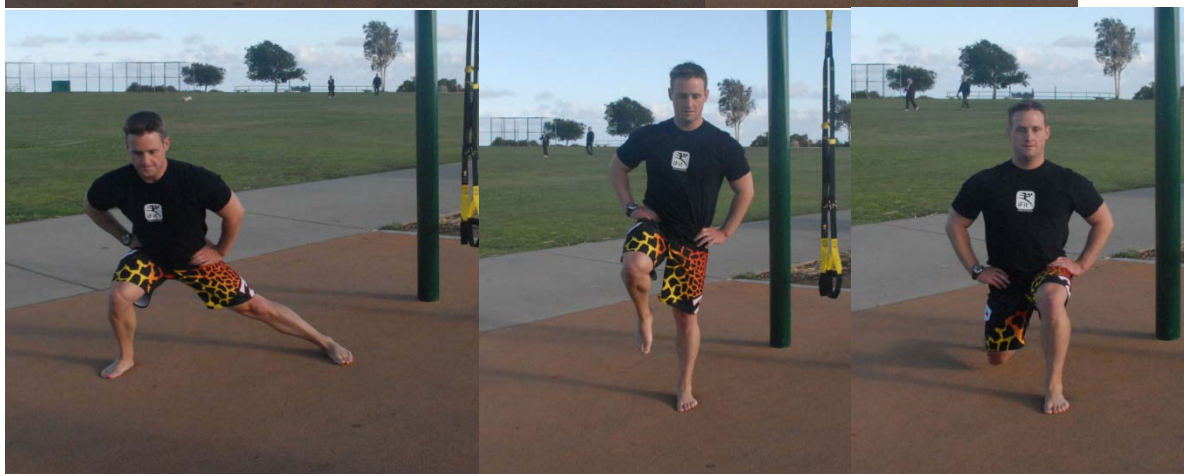


Ball Bench Press - with dumbbells in hands, lie down on the ball, keeping your head and neck supported on the ball and head facing the sky. Bend your arms and lower the dumbbells until elbows are even with your shoulders. Push the weight back up.



3 Way Lunge - step forward, bend both your front and back knee, dropping your back knee down almost to the ground. Push off your front leg and without touching the ground with that front foot, step to the side, bending your outside leg and pushing your hips back to keep your outside knee on top of your ankle. Push off your outside leg and without touching the ground with that front foot, step backward and bend that knee, almost touching the

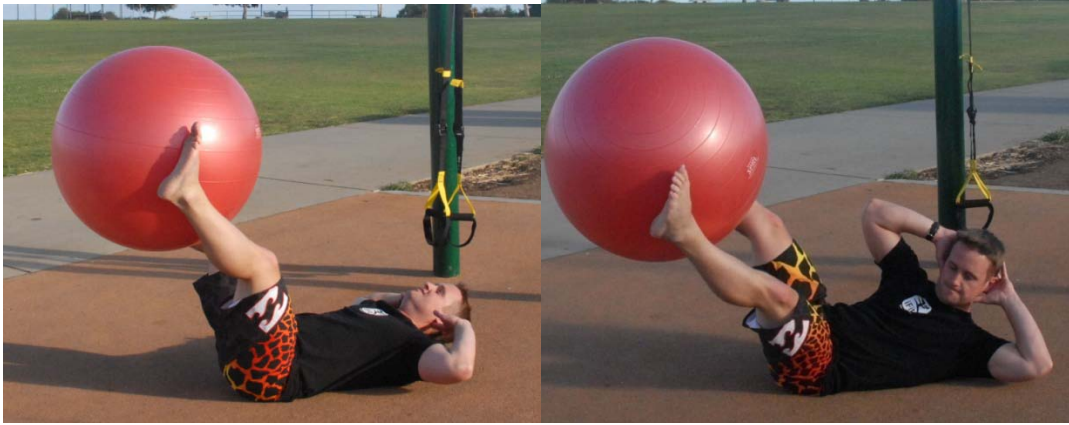
ground with the knee. Push off the back foot and step forward, repeating the exercise. Do 5 with that leg and switch legs.



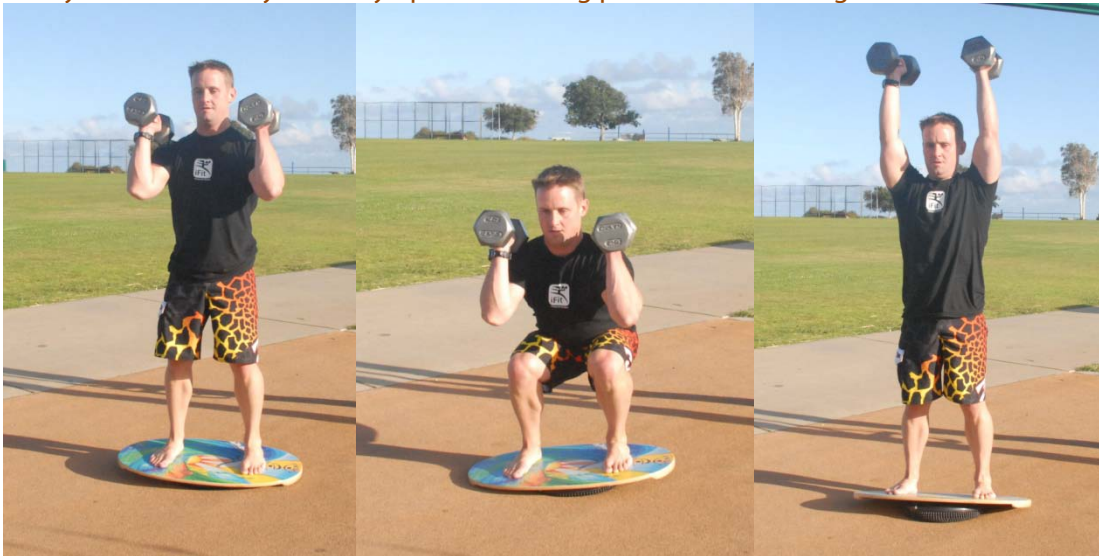
Floor Ball abs w/Ball Between Feet – lying on the ground with your knees bent in the air and ball between your feet, perform a crunch, pushing your low back into the ground and keeping your head straight.



Ball Oblique Crunch W/Ball Between Feet - lying on the ground with your knees bent in the air and ball between your feet, perform an oblique crunch, rotating your upper body and keeping your head straight.



Squat + Shoulder Press on Indo Flow - Standing on the Indo Board with the Flow cushion underneath, begin with your feet shoulder width apart facing directly straight forward. Push your hips backward and bend your knees, keeping your dumbbells near your shoulders. Keep your knees on top of your feet without letting your knees go over your toes. Push your body up to a standing position while lifting the dumbbells above your shoulders. Repeat.



Ball Plank Hold - with the ball on your forearms, hold your body straight without arching your back or picking your hips up. Tighten your abs and squeeze your glutes!



Side Plank Reps - on one forearm lift your body off the floor, then lower your body without touching the floor, and repeat.



CHAPTER 5: ADVANCED PROGRAM

Advanced Workout #1

3-4 SETS, 8-12 REPS

Dynamic Warmup Stretches

TRX Row w/Feet Elevated
TRX Atomic Pushup w/hands on Indo Board Roll
TRX Letter V on Indo Flow
TRX Letter W on Indo Flow
TRX Letter A on Indo Flow
Squat + Shoulder Press On Indo Roll
TRX Side Plank Hold
Prone Cobra
Indo Board Roll Squat Hold 30 Seconds
Side Lunges w/hop

Stretches Static Hold

Advanced Workout #2

Dynamic Warmup Stretches

TRX Pendulum + Pike + Pushup 10+10+15
Do The Best You Can! Don't worry about
L- Pullups reps
Indo Roll Lateral Raise 8 reps
Indo Roll Front Raise 8 reps
Indo Roll Reverse Fly 8 reps
Dumbbell 1 Arm, 1 Leg Row Increase weight
TRX Transverse Lunge w/Hop
TRX Side Plank Hold 20
Superman Hold w/weights 30sec
Ball Plank Hold w/feet Elevated 1min
Indo Board Roll Squat Hold

Stretches Static Hold

Advanced Workout #3

Dynamic Warmup Stretches

L-Pullups Do The Best You Can! Don't worry about reps
TRX Front Fly
TRX Letter T on Indo Flow
Ball Bench Press Increased Weight (8-12 reps)
3 Way Lunge W/weight
Floor Ball Ab Pass
Ball Oblique Crunch w/Ball Between
Feet 20x/side
Squat + Shoulder Press On Indo Roll

Ball Plank Hold w/Feet Elevated

TRX Side Crunch

10x per side

Stretches Static Hold

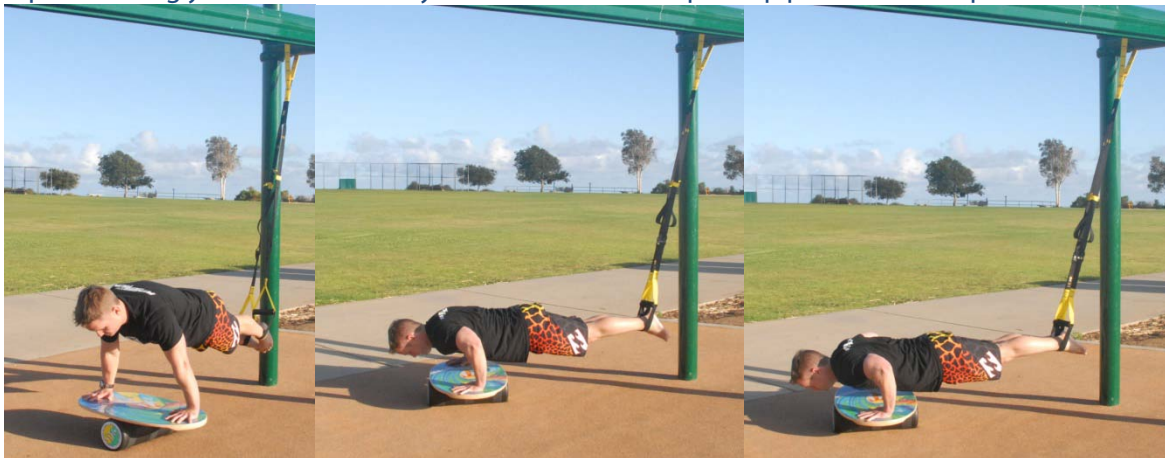
Advanced Workout Program – a how-to guide

Advanced Workout #1

TRX Row w/Feet Elevated - with no slack in the TRX straps, brace your feet on a solid object (usually what the TRX is anchored to). Your body will be horizontal. Keep your glutes tight, back straight, and head straight. Slowly bend your arms to bring your hands near your arm pits. Pinch your shoulder blades together, and slowly lower yourself back to the starting position.



TRX Atomic Pushup w/hands on Indo Board Roller - with your hands on the Indo Board with the Roller underneath, from a pushup position, slowly bend your arms to do a pushup. As you straighten your arms and push up, lift your hips and bring your knees toward your chest. Return to pushup position and repeat.





TRX Letter V on Indo Flow - begin with your arms in a V position with your arms above your head standing on Indo Board Flow Cushion underneath. Using your back foot for assistance, slowly drop your shoulders down so your hands are directly in front of you meanwhile keeping your body straight. Raise your hands directly up to the V position while keeping your arms straight.



TRX Letter W on Indo Flow - begin with your arms in a W position or "goal post" position standing on Indo Board with Flow Cushion underneath. Using your back leg for assistance, slowly drop your shoulders down so your hands are directly in front of you meanwhile keeping your body straight. Raise your hands directly up to the W position.



TRX Letter A on Indo Flow - begin with your hands out to your side without slack in the TRX straps standing on the Indo Board with Flow cushion. With one foot behind the other, slowly lower your body back ward until your hands

are directly in front of you. Keeping your arms straight, pull your body back to the starting position or "A" position. Palms face backward at starting/finishing position.



Squat + Shoulder Press On Indo Roll - Standing on the Indo Board with the Roller underneath, begin with your feet shoulder width apart facing directly straight forward. Push your hips backward and bend your knees, keeping your dumbbells near your shoulders. Keep your knees on top of your feet without letting your knees go over your toes. Push your body up to a standing position while lifting the dumbbells above your shoulders. Repeat.



TRX Side Plank Hold – Place your feet in the TRX straps. On one forearm and the other fist, lift your body off the floor and hold.

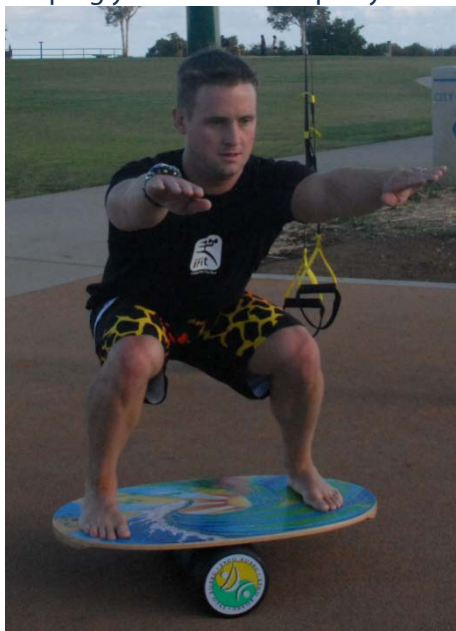


Prone Cobra - lying on your stomach, lift your knees off the floor keeping your legs straight by contracting your glute

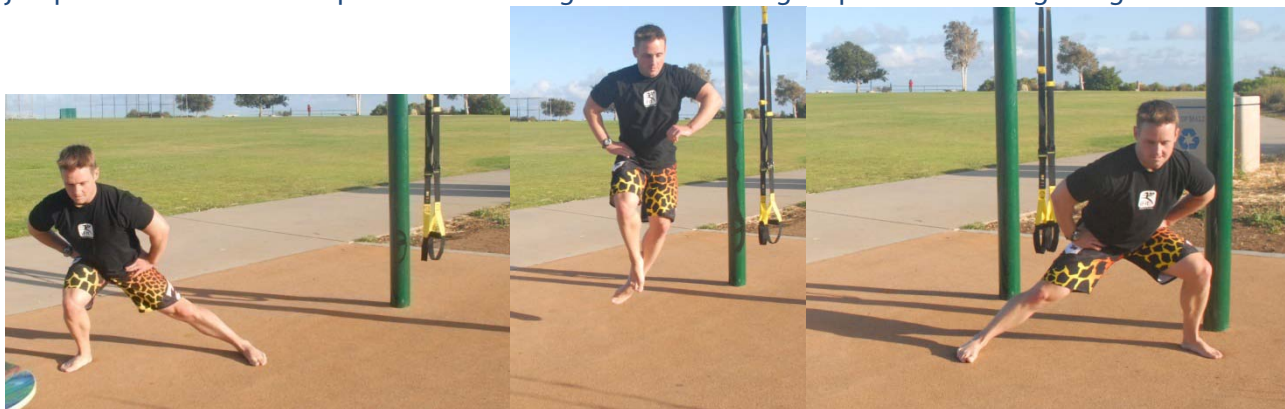
muscles. Direct your thumbs up to the sky and pinch your shoulder blades together. Your head should stay straight without looking up, and your palms should face the floor. Hold.



Indo Board Roll Squat Hold – standing on the indo board roller, bend your knees and push your hips backward, keeping your knees on top of your feet. Hold.



Side Lunges w/hop - from a standing position, step to the side and perform a side lunge. Push off the side leg and jump to the other side and perform a side lunge on the other leg. Explode off that leg and go back to the other leg.



Advanced Workout #2

TRX Pendulum + Pike + Pushup – from pushup position with your feet in the TRX straps, laterally swing your entire body 10 reps to each side. Return to pushup position and lift your hips, keeping your knees straight and return to

pushup position. Do 10 reps of these pikes and return to pushup position. Perform 15 pushups or however many you are able to do.



L- Pullups – hanging on a bar, lift your knees and hold that position while doing pull-ups.

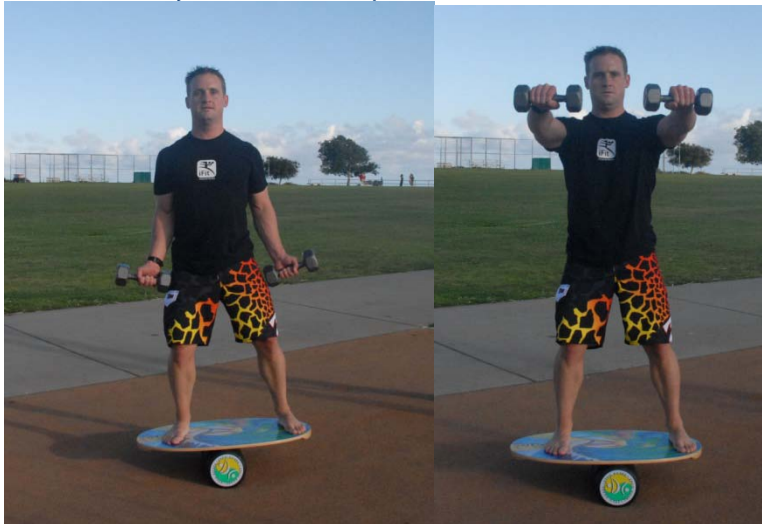


Indo Roll Lateral Raise - Standing on the Indo Board with the roller underneath and dumbbells by your side, raise the

dumbbells to the side of your body so your elbows are even with your shoulders and palms face forward. Slowly lower back to your side and repeat.



Indo Roll Front Raise - Standing on the Indo Board with the roller underneath and dumbbells by your side, raise the dumbbells to the front of your body so your elbows are even with your shoulders and palms face the floor. Slowly lower back to your side and repeat.



Indo Roll Reverse Fly- standing on the Indo Board with the Roller underneath, bend your knees and keep your back straight. Bend over from the hips and let the dumbbells hang in front of you. With a slight arm bend, raise the dumbbells out to the side of you and then slowly lower back to the starting position.

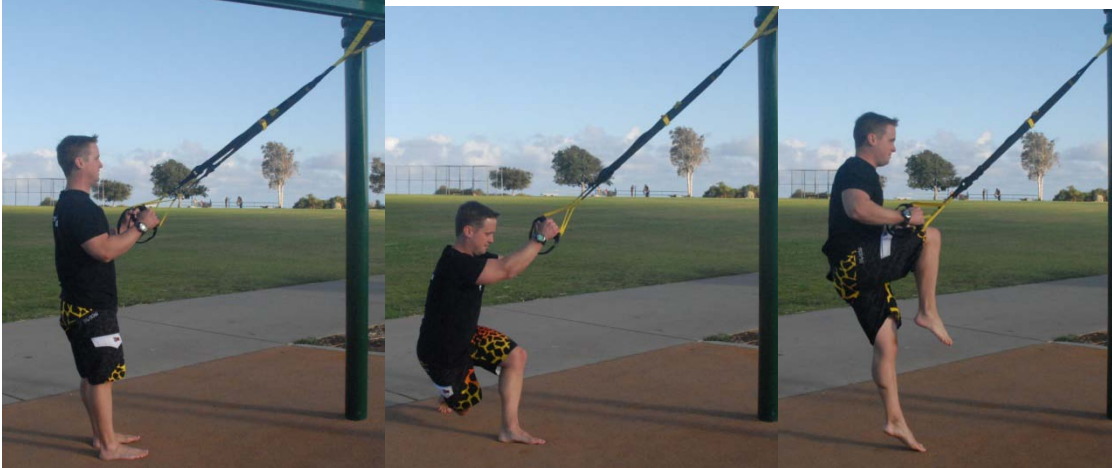


Dumbbell 1 Arm, 1 Leg Row - standing on your right leg and your dumbbell in your left hand, bend from the hips, keeping your back straight. Raise your elbow, bringing your hand toward your armpit. Pinch your left shoulder blade

into your spine, and lower your hand. Switch arms and legs after reps are complete.



TRX Transverse Lunge w/Hop - begin with your elbows by your side and no slack in the TRX straps. With your right foot, step backward and toward your left making a "curtsy" movement. Keep your left knee on top of your left ankle. Drive your right knee up and explode with your left leg, jumping in the air. Land on your left leg and repeat. After reps are completed, switch feet.





TRX Side Plank Hold - Place your feet in the TRX straps. On one forearm and the other fist, lift your body off the floor and hold.



Superman Hold w/weights - lying on your stomach, lift your knees off the floor keeping your legs straight by contracting your glute muscles. Lift your arms up next to your ears, holding a dumbbell and keep your arms straight. Your head should stay straight without looking up. Hold.



Ball Plank Hold w/feet Elevated - with the ball on your forearms, hold your body straight without arching your back or picking your hips up. Place your feet on something elevated (step, chair, friend, etc...). Tighten your abs and squeeze your glutes!



Indo Board Roll Squat Hold - standing on the indo board roller, bend your knees and push your hips backward, keeping your knees on top of your feet. Hold.



Advanced Workout #3

L-Pullups - hanging on a bar, lift your knees and hold that position while doing pull-ups.



TRX Front Fly - facing away from the TRX anchor point and your hands on the TRX handles, bend your elbows slightly and lower your body forward, with your arms going out to the side of your body until your elbows make a straight line through your shoulders. Press your body up to the starting position.





TRX Letter T on Indo Flow - begin with your arms straight out to your side without slack in the TRX straps forming a "T" position standing on the Indo Board with Flow Cushion underneath. With one foot behind the other, slowly lower your body back ward until your hands are directly in front of you. Keeping your arms straight, pull your body back to the starting position or "T" position. Palms face forward.

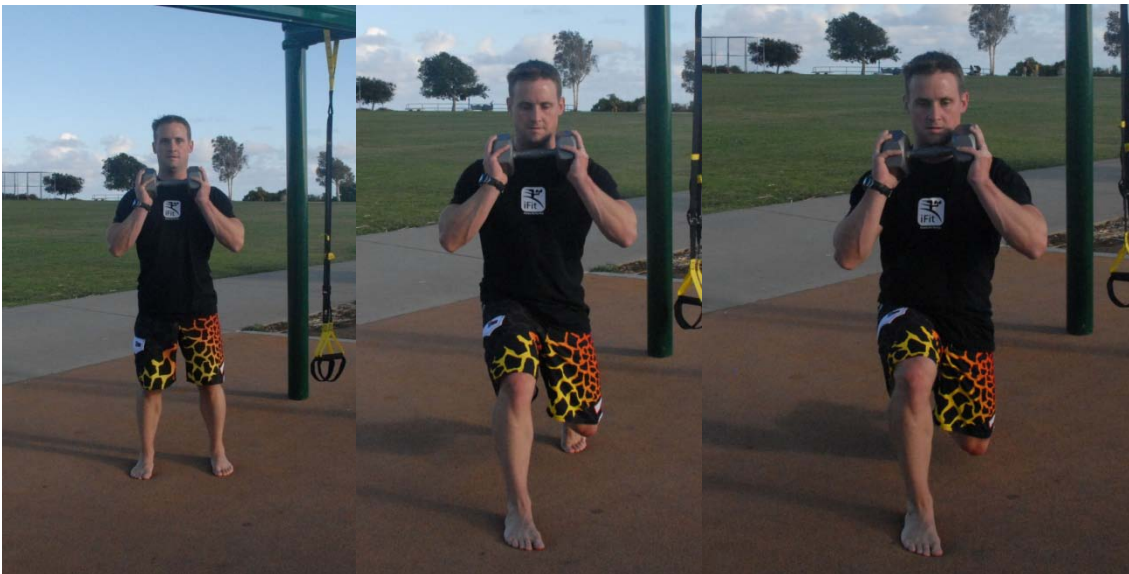


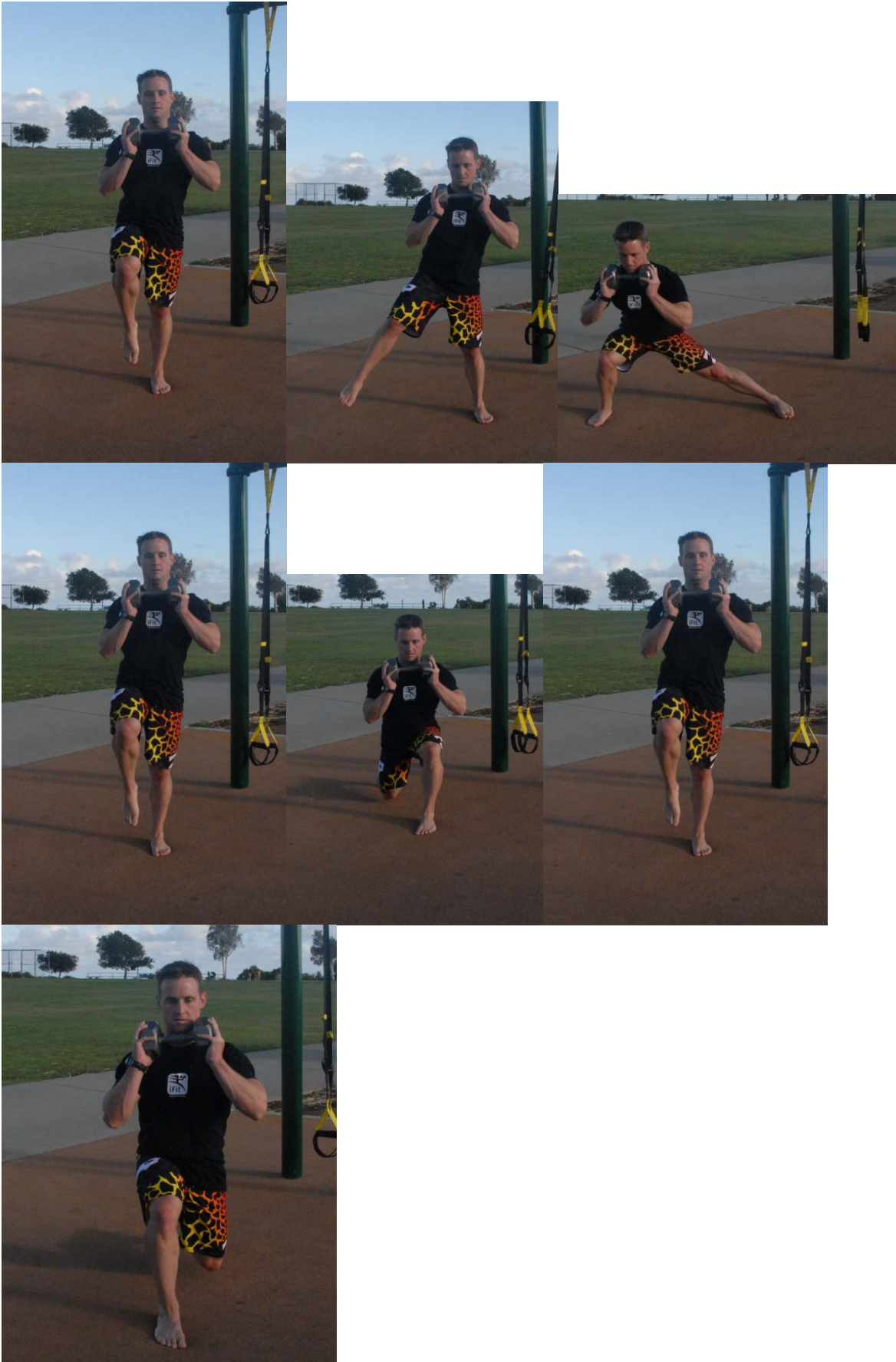
Ball Bench Press - with dumbbells in hands, lie down on the ball, keeping your head and neck supported on the ball and head facing the sky. Bend your arms and lower the dumbbells until elbows are even with your shoulders. Push the weight back up.





3 Way Lunge W/weight – Holding a dumbbell, step forward, bend both your front and back knee, dropping your back knee down almost to the ground. Push off your front leg and without touching the ground with that front foot, step to the side, bending your outside leg and pushing your hips back to keep your outside knee on top of your ankle. Push off your outside leg and without touching the ground with that front foot, step backward and bend that knee, almost touching the ground with the knee. Push off the back foot and step forward, repeating the exercise. Do 5 with that leg and switch legs.





Floor Ball Ab Pass – beginning on your back with ball between your ankles, pike your body and reach toward ball and grab the ball with your hands. Release the ball from your feet and lower your upper body as you raise the ball over your head. Keep your low back pressed to the floor. Bring ball back in front of your body and pass the ball back to

your feet. Repeat.



Ball Oblique Crunch w/Ball Between Feet - lying on the ground with your knees bent in the air and ball between your feet, perform an oblique crunch, rotating your upper body and keeping your head straight.



Squat + Shoulder Press On Indo Roll - Standing on the Indo Board with the Roller underneath, begin with your feet shoulder width apart facing directly straight forward. Push your hips backward and bend your knees, keeping your dumbbells near your shoulders. Keep your knees on top of your feet without letting your knees go over your toes. Push your body up to a standing position while lifting the dumbbells above your shoulders. Repeat.



Ball Plank Hold w/Feet Elevated - with the ball on your forearms, hold your body straight without arching your back or picking your hips up. Place your feet on something elevated (step, chair, friend, etc...). Tighten your abs and squeeze your glutes!



TRX Side Crunch – from a pushup position and ankles in the TRX straps, raise your hips and rotate them as you bend your knees and bring your left knee to your right elbow. Return back to pushup position and crunch to the other side.



CHAPTER 6: CONCLUSION

I hope you enjoyed this e-book! Remember to start slow. If an exercise is too difficult at first, don't do it! Feel free to email me with questions on how to make the exercise easier. If you have any questions or thoughts with suggestions for future revisions, please comment in my forum at <http://www.fitnessstrainingbyjon.com/forum>. Hopefully you will find yourself catching bombs without a problem in the future and feel stronger and more stable on your board than ever! I wish you good health, good waves, and strong balance in life.

Jon Ham

About Jon-

I have been a Personal Trainer since 2001. Before that, I was a gymnast. I have been doing gymnastics since I was 3 years old, and this sport has shaped every facet of my life. In November, 1995 I had a tragic accident at gymnastics practice where I fell off the High Bar and broke my neck. I'm extremely fortunate not to have been paralyzed, although I did have to go through an extensive recovery process, as well as a lengthy rehabilitation regimen in order to return to the sport I love. Nonetheless, I did come back to gymnastics after 5 months of being in various neck braces and collars. One year after breaking my neck I signed a letter of intent to compete for the University of Illinois gymnastics team on scholarship.

At the University of Illinois I was a member of the third place national team in 1998 and a Big Ten bronze medal winner on the High Bar in 2001. In May of 2002 I graduated with a degree in Food Science and Human Nutrition, Dietetics and accepted a job at the Mettler Center Physical Therapy and Fitness Center as the Fitness Coordinator in Champaign, Illinois.

There, I worked with physical therapy patients to help them reach their health and fitness goals through a variety of methods. I implemented programs targeted for weight loss, strength enhancement, sports conditioning, for seniors, and disabled individuals. I also trained physical therapy patients to assist in correcting posture, muscle imbalances, and flexibility so they could return to normal life as soon as possible. Through these experiences I was able to combine my passion and abilities to help people make positive changes in their lives and lead them to a longer, healthier, and happier life.

Despite the fulfillment I was getting in my job at the Mettler Center, in May of 2003 I headed back to Southern California. Ultimately, I opened up Fitness On The Run which has allowed me to combine my own entrepreneurial ambitions with my background and passion by working with my clients on both their nutrition and fitness training in the privacy of their own homes. That is my plan for you!

I've been training individuals in their homes now since 2003 and I'm having a blast! I get tremendous satisfaction seeing people progress in their fitness levels and adopt a healthy lifestyle. While being busy driving around town and training my clients can be exhausting, I have found pleasure continuing my own healthy lifestyle as well. I currently ride bikes, standup paddle surf, play table tennis, lift weights, and take my two beagles for walks during my spare time. As for my future? It will be spent training clients, writing fitness blogs, books, and videos to help you progress with your health/fitness goals.

I've been down and out. It's not fun! I know! After my neck accident, I wore a "Halo" for 3 months. A profound experience! It has shown me my passion: helping others rehabilitate through exercise and proper nutrition. If there is one thing I've learned if you don't have your health, you don't have much, and if you have your health, you have everything!

Let's get started.

Jon



SUP Fitness Trainer-

Do you live in Malibu or nearby? Jon does Standup Paddle Specific Fitness training in the Privacy and Convenience of your own home! Contact [Jon](#) for more info.