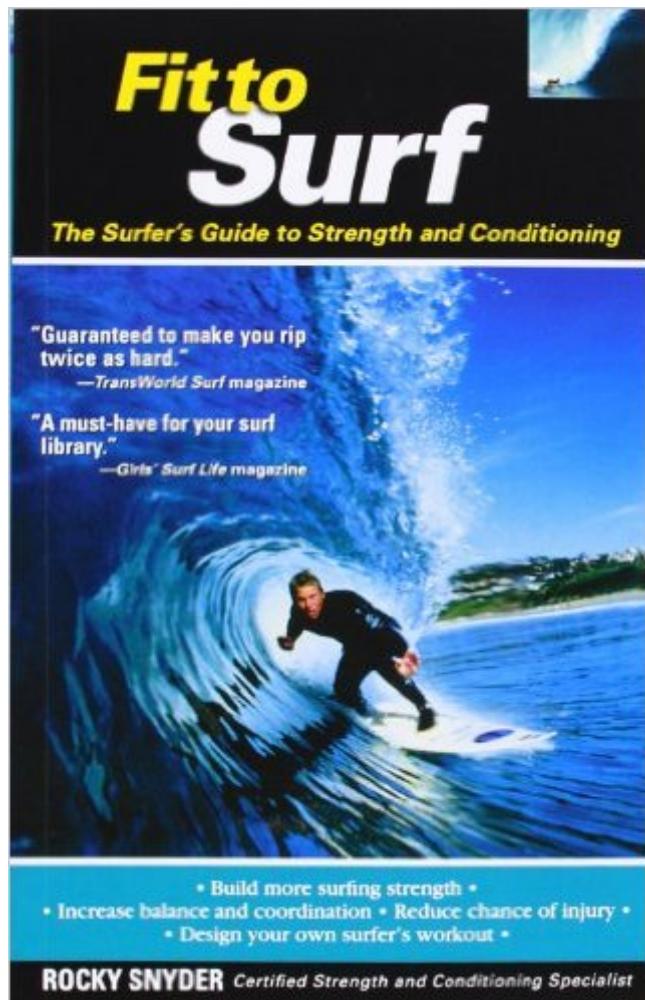


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# Fit To Surf : The Surfer's Guide To Strength And Conditioning



## **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**

As a long time surfer with over 30 years of water time I began to realize that my performance in the line up was deteriorating do to a lack of fitness. Although I get out to surf on a regular basis, my strength, stamina , and flexibility were keeping me from ripping the way I did in my earlier days. After following the "Fit to Surf" program I have noticed a marked improvement not only in my surfing, but in my overall energy level as well. I'd recommend all thirty or fourty-something surfers looking to improve their surfing fitness level, or even beginners wanting to get in shape, to pick up a copy.

My daughter bought me this book before a surf trip to Mexico. I had never surfed before and am not a "spring chicken". After doing the exercises in Rocky's book I was more fit than I've ever been and at age 50 learned to surf. I can't say enough good things about this book.What are you waiting for?.... BUY IT!

If you have any knowledge of strength training whatsoever, or if you already train (cardiovascular and/or resistance) on a semi-regular basis you don't need this book. The list of exercises is basic, the movement descriptions (kinesiology) aren't adequately detailed, and there were no compelling "surf specific" workouts. The main point of the book is certainly salient: raise your fitness level (strength, endurance) and you will perform better and feel more comfortable in the water. However, if you really want to raise the general level of your fitness, buy a book on strength training and a book on flexibility and create your own workout to focus on core muscle groups. (Working out in a pool a couple of times a week wouldn't hurt either)

Since I don't get to surf everyday, this book is exactly what I needed to stay in surfing shape. I have a number of other fitness related books, but none address surfing fitness. This book gave me exactly what I've been looking for. I've since given it to a number of friends and they have all told me how helpful they have found it as well.

I am just learning to surf. I didn't realize how much physical effort it would take! This book has helped me to get into shape and really become a better surfer a lot sooner than I thought I would! This book is simple, and clear! For the price, you can't beat it!

Rocky has written a very accessible book that helps me, a formerly regular, and now infrequent surfer to stay fit for those few sessions a month. His routine really pays off for those of us who are weekend warriors, and don't keep our surf fitness up like we used to....by surfing everyday (and will help those looking to simply improve their surfing). I found the explanations and photos to be great reminders for me to use proper form during the exercises and stretches. I have had the pleasure of watching Rocky in action, his routine works...try to out paddle the guy!

Now that winter's over the familiar flat summer approaches outside my window. Work is keeping me from island hopping this year and it doesn't look like I'll be out in the line up all that often. Just got a copy of Fit To Surf and it is something that is definitely helping me keep my stoke. Even if the summer offers nothing but waist high slop I'm faithfully using the workouts in this book to get ready for next winter. The cool thing about the exercises is that I don't have to join a gym with a bunch of Barneys on steroids. I don't even have to leave work, I can do it on my lunch break. Maybe if I'm lucky I will get fired and be able to go in search of surf but until that independence day I am going to do Rocky's exercise program.

This book just kicked butt for me. It got me to achieve a new level of fitness, cranked up endurance, and improved my all around well being, weather I'm surfing, working, or sitting on my butt watching football. Rocky has presented the material in a straightforward, easy to understand, follow, and execute style which really gets you motivated. An all around excellent fitness book for not only surfers, but for any outdoor enthusiast. Buy it, you won't be sorry.

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