

# THE SURF TRAINING

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**By Flavio Crisi**

Dear surfer,

My surfing homework consists of fun and educational exercises to prepare our body, mind, and spirit for surfing big waves!

I learned how to surf when I was 22 years old. At that time, I was living in [São Paulo](#), a city located 2 hours by car from the beach.

Even though I never took a surfing lesson and I needed to travel for surfing, I learned how to catch waves really fast.

The reasons are that I was a good swimmer and skateboarder, and also because my surfing friends and I were very dedicated, spending hours in the ocean every weekend.

“Tell me who your friends are and I will tell you who you are.” JC

## 10 SURFING EXERCISES

The best way to improve your physical & mental condition for surfing!

### 1. 🧑🏿🧑🏻 SPORTY FRIENDS

Share your healthy life. There are many surf groups on Facebook and on [MeetUp.com](#), where you can make friends and share your passions! Just search for “surfers + name of your hometown”.

### 2. 🏊 THE POP-UP AND TAKE OFF

These are the names of the movement for standing up on a surfboard. As you can see on my Youtube above, you can train this movement in your house. Try to do it super fast and with precise movements, like a professional surfer.

### 3. 🏊 SWIMMING IS THE BEST PHYSICAL TRAINING

If you are a good swimmer, try these exercises to increase your physical condition, paddling technique, and confidence to surf big waves alone:

- Butterfly: breathing 3x1 - two cycles of strokes with your head into the water intercalated with one cycle of strokes with your head out of the water.
- [Deep end swimming training](#): running or working out at the bottom of the sea with extra weights, rocks or dumbbells.
- Crawl (freestyle): with your head out of the water, like the [water polo style](#) 🏊

- Sprints: all kinds of swimming exercises with a high intensity interval training, intercalating fast laps with long rests:)

#### 4. 🌊 WATER EXPERIENCES

They are going to improve your familiarity & intimacy with open waters: [bodysurf](#), bodyboard, paddle board, kayak, snorkeling, cliff diving, sailing, waterfalls, jacuzzi, etc... There are hundreds of water activities.

#### 5. 🏄 BOARDSPORTS

All of them have a similar way to move your body & get balance. From the aspect of how you put your feet on the board, there are 2 kinds of boardsports:

- 🏄 Without bindings (free): surfing, skateboarding, skimboarding, snakeboarding, etc.
- 🏂 With bindings (fixed): snowboarding, wakeboarding, sandboarding, etc.

#### 6. 📖 BOOKS

There are many surfing books: novels, [arts](#), equipment, biographies, competitions, etc. I really recommend you to read [The History of Surfing, by Matt Warshaw](#).

#### 7. 🏠 SURF CAMPS & RESORTS

Hotels where everything goes around surfing: lessons, movies, library, decoration, and parties. My dream is to open a surf resort with a fitness center inside. If you have some money and want to invest on this business dream, I would love to be your partner <3

#### 8. 😊 SOCIAL MEDIA

Connect with famous athletes. For example, the waterman [Kai Lenny](#), the big wave rider [Justine Dupont](#), the skater [Tony Hawk](#), the snowboarder [Shaun White](#).

#### 9. 🧠 NEVER EVER

No way to watch documentaries about shark attacks 🐋

#### 10. 📺 SURFING MOVIES

Movies are the best to prepare your mindset and learn about surf culture! My second passion in life is cinema. I have been to dozens of movie theaters in different countries. Here is my selection to you:

##### Free Tv Channels

- [Youtube: The Yin & Yang](#) - "My surfing went to a much higher level after I started to visualize myself surfing." Gerry Lopez
- [Red Bull TV](#) - Red Bull is also an extreme sports tv channel.
- [World Surf League](#) - watch the world surf competitions.
- [Olympic Games](#) - surfing movie from the Olympic Games tv.
- [Documentary Storm](#) - with Curt Harper, a very nice surfer with autism.

##### Amazon Prime Movies

- [Rogue Waves](#) - If you are lost in life and searching for a meaning or for a Sabbatical, this surf movie is for you:)
- [Facing Monsters](#) - the most courageous big wave surfer!

- [A Deeper Shade of Blue](#) - a history of surfing, surfers, and surfboards.
- [Girls Can't Surfing](#) - if you are a woman who is fighting for equal rights in your job, you must watch this documentary!
- [Surf Girls Hawaii](#) - the life of 4 surf youth competitors.

### **Paid Tv Channels**

- [HBO: 100 Foot Wave](#) - I love this docuseries about Nazaré, Portugal.
- [The Surf Network](#) - A streaming tv with the biggest collection of surfing movies.
- Netflix - at the moment, Netflix has not so good surf movies.

## **SURFING CURIOSITIES**

Let's talk about some fascinating things!

- Goofy Footer x Regular Footer: on my Instagram, you can watch this animation [Hawaiian Holiday](#) - produced by Walt Disney in 1937. It is the first animated movie in history about surfing. It's also the reason for the names of the stances in boardsports:
  - ◆ Goofy Footer: right foot in front of the board.
  - ◆ Regular Footer: left foot in front of the board.
- The artist Hilton Alves has the world record for painting the [largest wave mural](#). Located in Hawaii, It's about 5 stories tall and takes up almost 1.300m<sup>2</sup>.
- I'm constantly upgrading this [Surf Training Ebook](#) with new exercises & videos. Please, come back soon to check my new posts about the world of surfing!

To our surfing success!