



# Surf Flex: Flexibility, Yoga, and Conditioning Exercises for Surfers

*Paul Frediani*

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## **Surf Flex: Flexibility, Yoga, and Conditioning Exercises for Surfers** Paul Frediani

No other sport requires more agility and flexibility than surfing. Wiping out is no fun and a solid flexibility program will help prevent injuries and keep you surfing longer and stronger.

**Paul Frediani**, top trainer and fitness and conditioning advisor to the U.S. Surf Team, has designed an innovative series of exercises and stretches specifically tailored for surfers. From balance work and yoga, to strength training and cardiovascular endurance, **Surf Flex** provides both amateur and professional surfers alike with a powerful fitness program.

**Surf Flex** provides solid information on a variety of topics including:

- Stretching and flexibility routines
- Yoga for surfers
- Interval training and endurance workouts
- Advanced balance training
- Prevention and treatment of coming surfing injuries

And, of course, the famous **Surf Flex Workout**—a unique form of training that will challenge your strength, endurance, and balance while you develop your core muscles (abs, back, hips). You can do the **Surf Flex Workout** at the beach when the waves are flat or at home.

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