

Surf Sisters Fitness Program



For the women who want to improve their strength, fitness mobility and state of mind in the surf.

By Angelina Pallisier

Important Copy Right Disclaimer:

Please do not share these workouts with anyone who has not paid for the program. If you love our workouts help support SOS and tell people to sign up. The more support we have, the more we can continue to help women in the surf.

YOUR WORKOUT LIBRARY

Hip Mobility (30 minutes)

To assist with your pop ups and movements to turn the board

Equipment needed: Mat

Upper Body, Balance and Core (35 minutes)

A range of movements to help with paddling, pop ups, core strength and balance to keep you on the board.

Equipment needed:

2 x 1kg weights, 1 x 5kg -10kg weight, Mat

Upper Body Focus (30 minutes)

Targeting the arms and back, with a touch of core

Equipment needed: 2 x 1-2kg weights, pilates band or tea towel, Mat

Full body Interval workout (15 minutes)

Targeting all areas of surfing fitness

Equipment needed: Mat, 1-2kg weights

Full body Interval workout (20 minutes)

Targeting all areas of surfing fitness

Equipment needed: Mat

Lower body workout (15 minutes)

Targeting the booty and leg strength

Equipment needed: Mat

Arm and Leg Strength by reps (15 minutes)

Equipment needed: 2 x 1- 5kg weights. Increase each set if you can

Morning Mobility Stretch (20 minutes)

Wake up and stretch

Equipment needed: Mat

Upper Body Stretch (5 minutes)

Helping to stretch out your shoulders and arms

Equipment needed: Mat

Relaxation (10 minutes)

Calming relaxation to help with calming and clearing the mind

Equipment needed: Mat, face washer / essential oil optional.



Before you finish each workout, I want you to shut down your eyes and take a second to honor your body. Be proud of yourself for showing up and for growth.

Thank you for allowing me to be on your journey. - Coach Angie x



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One small ticked-off goal for you now is one giant leap for your badass self.