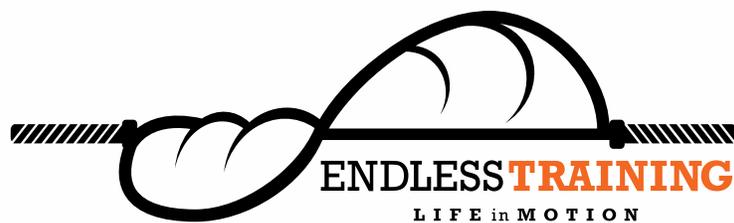
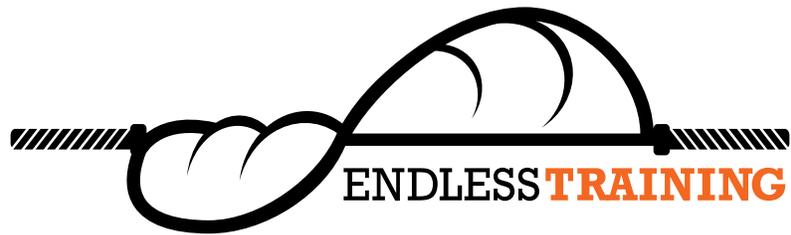




Devan's Training Exercises
PRE SURF POST SURF
MOVEMENT PROGRAM





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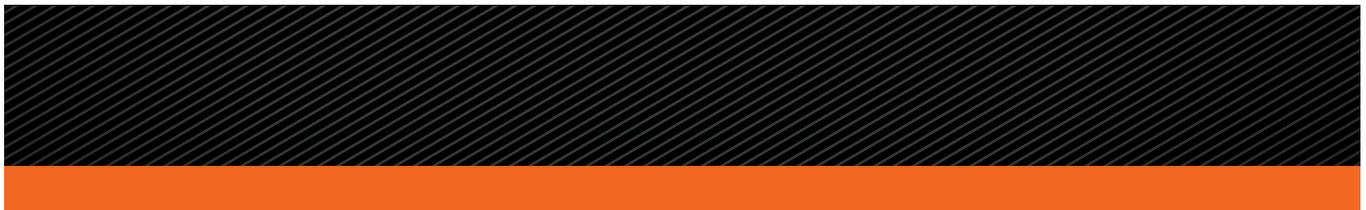
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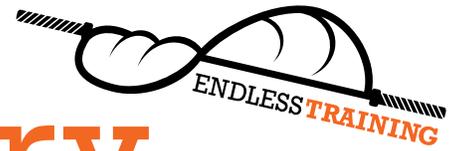
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The Endless Training Story



Hey My People,

I am a book here, in your hands. And a guy – Devan Kennedy. And a business – Endless Training. Is it an enigma yet? Here's the story of how I, we, it, all started."

My love for training started with my roots, in BMX and Motocross. (I'm originally from central Florida – don't judge). The harder I rode the more injuries I sustained and the more recovery time I needed. After a few major incidents I recognized my body's need to be strong, agile and flexible as well as skilled for the sport. [Commence training montage.]

After the montage, a few fitness degrees and too many years in the standard gym scene I branched out and started Endless Training. For me, training was never about looking good. It was and still is all about increasing the body's ability to perform at its best.

When I moved to the coast I traded my bike for a board. I was an older newbie and spent lots of time watching people rip – when I wasn't munching sand. I had plenty of time in the water to analyze the movements behind flawless surfing and realized the folks that made it look like art all had something in common – excellent range of motion. It all connected. And, as far as this story goes, we're now in the "now".

Now I train for surf specific performance improvement. For example, things as simple as the pop-up go so much deeper than just upper body strength. A pristine pop-up also requires a strong core in a dynamic setting, full range of motion in the hips, powerful legs, mobile ankles and even proper extension in the upper back. Every person is different and it's impossible to make a one size fits all routine or training guide that suits the masses.

So what's most important for you, the guides and coaches, for your guests here? It's not strengthening, conditioning or power. It's activation and recovery. Getting warm, mobile and active in the AM; repairing, recuperating and recovering in the PM.

Endless Training is stoked to be here and share this experience with you – teaching, learning and surfing. We're happy to share the knowledge and training insights but do ask that you keep this book and our methods on the DL. We've been honing our techniques and surf- style-training expertise for years, and sharing this openly may not only injure someone else but potentially even our livelihood.

If you have any questions related to this guide, specific injuries or anything else training I'm happy to help! Contact me on Instagram @EndlessTraining or send me an email – Devan@EndlessTraining.Net.

Peace in Chaos,
– Devan Kennedy

Why Train?

Speed, power and flow are three elements that make surfing an art form. For the competitive surfer achieving a perfect balance wins heats. For the free surfer mastering these elements makes for clean, confident surfing. Each form of surfing requires efficient and powerful human movement.

But how do we ride at our best? How do we achieve this powerful efficiency? Surfing hones your skills but training is required for first place finishes or having the ultimate session. Surfers need to train to increase mobility, avert injury and perform at their best. For your surf camp, because participants are already in the water 3 x a day, riding their hardest and pushing themselves to the limit, we need to focus on releasing, lengthening and restoring. This program and the rest of this booklet will cover these three major areas:

- 1 Rolling Out**
- 2 AM Activation**
- 3 PM Recovery**

Rolling Out: 101

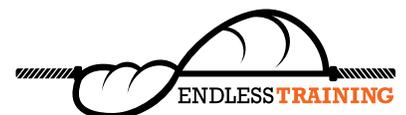
What is it?

“Rolling out” or “Self Myofascial Release” (SFM) is a technique used to release muscular tension and produce mass blood flow through the muscle tissue. In other words, breaking up knots and flushing out all the metabolic waste that was holding the knots together.

Why Roll?

Why is this important during surf trips? Rolling will warm up muscles in the AM and speed recovery time in the PM. Rolling also allows for true lengthening of muscle tissue during the stretches and movements as part of the AM Muscle Activation and PM Recovery Programs.

Think about a knot in your leash. If you were to keep pulling on the leash the knot would only get tighter, right? First you must un-tangle the knot, then pull the leash straight. Same thing happens with our muscles. Stretching without rolling out just superficially stretches the tissue above and below true muscle tension and knots.



Rolling Out AM and PM

5-10 passes (back / forth) over each targeted muscle group, keeping the roll slow and controlled. When participant finds discomfort, hold in static position for at least 10 seconds then continue to massage muscle immediately surrounding pain point.

Each individual is different and some areas may be more or less uncomfortable than others.

Know your participants. Every body is different and will require different angles, amounts of time and levels of attention.

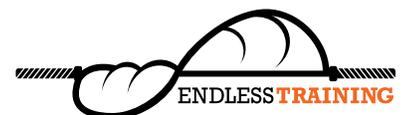
If someone finds a particular position particularly intense, encourage them to work through the pain, breathe and to continue for more than recommended 5 – 10 passes.

If someone does not feel a particular position is “working” first ensure they are moving properly. 9/10 times the participant will simply need an adjustment to feel the release.

If a participant still does not feel the roll is working, move them forward to next position after 5 passes.

Roll Out Order *(Same order in both the AM and PM)*

- | | |
|---------------------------------|---------------------------|
| 1 Glutes | 6 Quad and IT Band |
| 2 Hamstrings | 7 Adductors |
| 3 Lower Back | 8 Pecs |
| 4 Upper Back | 9 Upper Traps |
| 5 Upper and lower calves | |



Rolling Out AM and PM

Glutes

Sit on roller with feet flat on ground at hip distance. Cross outside ankle of working leg over non-working knee. Place hands facing your buttocks, at shoulder width, slightly behind you. Begin to rock back and forth on roller in your pocket area: from the top of hip to bottom of buttocks. Rotate and change angles looking for discomfort. Switch sides and repeat.

MODIFICATION:

If participant doesn't feel the roller "working" switch out tools; replace roller with soft-tissue ball.



Hamstrings

Put end of roller in between legs and under the thigh. Cross non-working leg over working leg at the ankle. Place hands facing your buttocks, at shoulder width, slightly behind you. Keeping bottom off the ground and roll from bottom of butt cheek to top of knee, rotating and changing angle throughout. Repeat both sides.



Rolling Out AM and PM

Low Back (Lumbar Spine)

Begin in a seated position. Place roller behind you, touching lower back. Gently slide backwards onto roller, pausing at bottom of shoulder blades. Give yourself a big hug, hold on to lats and raise hips, keeping a neutral spine. Roll from below the shoulder blades to top of hips. Slightly rotate to hit the muscles along spine.

POINTERS:

Keep a straight line from crown of the head to tip of the tailbone - don't dip or arch low back towards ground or around roller



Upper Back (Thoracic Spine)

Bring heels in towards buttocks, lean back, placing roller under shoulders. Grab head and pull elbows together to touch in front of forehead. Raise hips and roll from top of shoulders, near neck, down to bottom of shoulder blades. Slightly rotate and change angles looking for tightness.

POINTERS:

- As roller nears shoulders, raise hips even higher to deepen the release and intensify pressure on roller.
- Once 5 to 10 passes are complete extend arms and continue rolling for T-spine extension.



Rolling Out AM and PM

Calves Upper and Lower

Calves can be tricky, there are a ton of small, separate muscles which can make it difficult to find and release knots. Work the upper-half first, then lower on the same side, then switch.

UPPER:

Start with roller beneath knee, cross non-working over working leg, point toes, lift buttocks off ground. Place hands facing the buttocks, at shoulder width, slightly behind you. Roll only from knee, half-way down calf and back. Fully rotate and change angle looking for discomfort.

LOWER:

Start with roller beneath ankle and roll from ankle to half-way up calve.

POINTERS:

Keep toes pointed to allow for more pressure on deep muscles.



Rolling Out AM and PM

Quad and IT Band

Start on all fours with hands beneath shoulders and knees below hips. Place end of roller in between thighs, just above the knee. Place elbows on the ground, at shoulder distance with a neutral spine. Cross non-working leg over working leg at the ankle. Roll from top of knee to as far up in the hip as possible and back down to knee. Begin solely on quad then slowly rotate towards the outside (lateral side) of leg to release IT band.

MODIFICATION:

If this is too intense, rest non-working leg on the ground at a 90 degree angle, flex foot.

POINTERS:

Make sure to keep elbows down and keep pressure off the hands. Pushing from the hands will arch the spine putting pressure in places we don't need.



Adductors (Inside of Thigh)

Lay on side of body making a straight line from top of head to bottom of heels. Place roller alongside body, parallel around waist height. Bring knee to waist height and place on a roller. Gently roll over to face the ground and transition weight onto roller at base of leg, near groin. Open chest and place elbows on the ground. Draw shoulder blades back.

First roll half-way, from the groin to mid-thigh. After 5 – 10 passes, move roller to just inside of the knee and roll from knee back into mid-thigh area. Hit both halves of adductor, then switch and repeat.



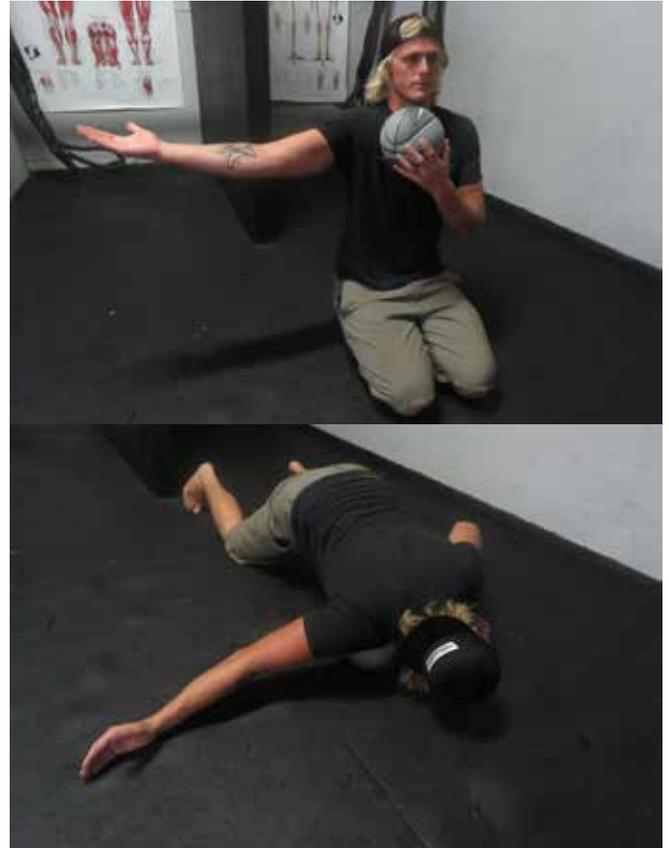
Rolling Out AM and PM

Pecs

Start on all fours with hands beneath shoulders, knees back past hip. Place soft-tissue ball at center of chest, just under collar bone. Extend one arm, stretch hand as far as possible from body, point thumb towards the ceiling. Place other hand directly alongside the body, at chest, for stability. Look towards support hand, away from ball. Use the collar bone as a trail guide to roll from collar to shoulder and back. Repeat both sides.

POINTERS:

- The further the knees are from the ball, the more intense the release will be
- If it is ever too intense, bring knees closer in, under hips, to reduce pressure on ball.



Upper Traps

Start on all fours with hands beneath shoulders and knees below hips – drop to elbows and knees. Find a beam, door way or anything similar. Line up edge of neck with edge of beam/door way. On elbows and knees place ball on upper trap close to neck. Then drive ball and trap into beam/door way. Drop opposite side ear to opposite shoulder, roll from neck to shoulder and back. Repeat both sides.

POINTERS:

- Ensure working-side forearm is perpendicular to wall – allows for more intensive lengthening.

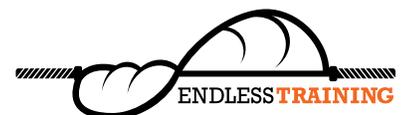


AM Muscle Activation

Prep for active, even movement. Coach participants to save the speed for last, to move at a slow and controlled pace unless told otherwise.

AM Session Order

- 1 Roll Out
- 2 Basic Windmill
- 3 Sweat Angel
- 4 Loco Spider
- 5 Around the World
- 6 High Knees and High Jump



AM Muscle Activation

Basic Windmill

(3 Breaths per side) Lay on side of body making a straight line from top of head to bottom of heels. Place roller alongside body, parallel. Bring knee to waist height and place on a roller. Extend arms, palms touching, perpendicular to body. Relax head to floor. Keeping eyes on the top hand and knee firmly on roller, slowly rotate top arm in semi-circle away from resting arm, across the body into a "T" position. Draw shoulder blades back, relax and hold T position for three breaths. Inhale deeply in through the nose, out through the mouth – pressing all air out of the lungs on exhale. Repeat both sides.

POINTERS:

- Rotate neck with body for full effect.
- Keep knee firmly grounded into roller to increase stretch and open the shoulder.



AM Muscle Activation

Basic Sweat Angel

(10 Reps) Lay face down on floor, with forehead and bridge of nose on ground. Completely relax the body. Place arms alongside the body, palms to the ground. Reach towards feet pulling shoulders away from the ears. Once fully extended, open the shoulders and rotate thumbs towards the sky. On each inhale internally rotate shoulders and arms, on each exhale externally rotate shoulders and arms. Each breath is a repetition.

POINTERS:

- Establish true reach towards feet, through shoulders. Maintain reach throughout to isolate shoulder stretch and rotation.
- Keep forehead and tops of feet glued to the ground.



AM Muscle Activation

Loco Spider

3 Reps – 1 Rep is forward and back

FORWARD:

Begin by standing with a neutral spine. Pull knee to armpit; cradle knee with same-side arm, grasp outside of ankle with opposite arm hand. Take a large soft step into a runner's lunge position. Drop back knee. Place fists on ground inside front leg. Drive hips forward, keeping them parallel to ground.

Next, rotate from your hips, into the front leg. Gaze behind shoulder.

Then, release rotation, elevate torso, flex toes under back leg and return knee to 90 degree angle – perpendicular to floor. Reach hands to the sky and push straight back from front leg to standing position

MODIFICATION:

To intensify, after rotation, kick back leg in towards but-tocks in even, fluid movement.

POINTERS:

- Keep continuous, even movement.
- Twist is concentric from the base of pelvis to the crown of the head – twist should come from the hips and not the spine.
- Balance, don't rest back leg on ground between lunges.
- Ground through the front heel.



AM Muscle Activation

Loco Spider (Cont.)

3 Reps – 1 Rep is forward and back

BACK:

From neutral standing position, keeping both arms to the sky. Step back into runners lunge with same leg, drop back knee to ground. Place palms or fingers on either side of front foot. Press back through front leg and pop up to arrive in upside down “V” position. Keep hip rotated into front leg, parallel with ground.

Next, return knee to ground. Ensure front knee is at a 90 degree angle.

Then, step straight up off front foot repeating Forward.

POINTERS:

- This is all about control and stability, step back softly and engage core between reps.
- Neutral spine is paramount. Bend knees to keep straight line between crown of head and tip of tailbone.
- Press through outside edge of front foot for supination.



AM Muscle Activation

Around The World Single Leg Balance

3 Laps per leg

Begin by standing in a neutral position. Ground through your standing leg, pressing through all 4 corners of the feet. Spread and press through each one of the toes – like a tree frog. Find a single point, straight ahead, and lock gaze.

Using the non-working leg, point and reach toes as far as possible directly in front of you. Return to neutral balance with non-working leg hovering just above ground alongside balancing leg.

Reach toes away from body, return to center. Reach behind, back to center. Reach across the body, behind knee of balancing leg, return to center. Switch balancing leg after three laps.

POINTERS:

- Move toes as far away from the body as possible, keeping standing foot flat on the ground.
- It's all about continuous, controlled and even movement – find the flow.
- Bigger the bend in the standing leg, further the stretch and distance between toes and the center of body.
- Don't lock out the balancing knee.



AM Muscle Activation

High Knees and High Jump (Absorption)

3 Sets - 5 seconds, 5 jumps

For High Knees, sprint in place bringing knees to waist height with high intensity.

For High Jump Absorption, load the hips, keeping knees directly over ankles. Open chest, draw shoulders back and stretch arms directly behind the body – reaching toward the back of room. Drive buttocks back, behind heels – like sitting in a chair.

To jump, throw hands straight up and thrust hips forward, lifting feet as high as possible with fingertips reaching to the sky. Absorb landing by soft return to ground and return to starting position – with hands and buttocks back.

POINTERS:

- No breaks between sets – high knees, jump and repeat.
- Remember: hips back, hands back.
- Ensure the knees stay directly above the ankles and do not shift forward – this drives glute activation and protects the knee.

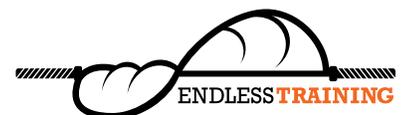


PM Muscle Recovery

Prep for static holds and cool down. Coach participants to listen to their bodies and never push into a position of active pain. Slight, healthy discomfort is okay as long as they are in the correct position.

PM Session Order

- 1 Roll Out – focus on sore areas of the day**
- 2 T-Spine Internal Rotation**
- 3 Basic Windmill**
- 4 Lazy Spider**
- 5 Hang Ten**



PM Muscle Recovery

T-Spine Internal Rotation

2 - 3 Reps per side

Start on hands and knees, with wrists directly beneath the shoulders, knees under hips and a neutral spine. Place roller to one side of the body, centered on outside of hand and knee. Place opposite hand, palm up, on roller.

Keeping back straight, reach through body and gently rotate head. Gaze should land on ceiling. At end of range of motion, hold for 3 slow, deep breaths and return. Complete 2 -3 reps on a single side, then switch sides to repeat.

POINTERS:

- Hand on roller should look like a karate chop. Squeeze all four fingers tightly together, extend thumb for "L".



Basic Windmill

5 Breath hold per side

Same as AM Windmill except focus on creating additional stretch by rotating shoulder and arm back to the floor.



PM Muscle Recovery

Lazy Spider

5 Breath hold per position

Deeper version of the AM Loco Spider.

Start on fists and knees, neutral spine. Step one heel outside of same-side hand, drive hip forward, rotate into leg. Hold 5 breaths.

Next, with each inhale lengthen the spine and each exhale twist further into position. Draw torso up, open chest and place opposite hand on knee. Flex the back knee, bringing heel towards buttocks and grab outside of foot. Hold 5 breaths.

Release foot, return to center and place palms / fingers on either side of front leg. Keeping hands and toes firmly pressed into ground, drive back with front leg to arrive in upside down V position. At end of range of motion, hold 5 breaths.

After 5 breaths, challenge participants to move further into position and hold again. Repeat as necessary.

POINTERS:

- Bring heel as close as possible to buttocks without losing hip extension (forward hip drive).
- If unable to grab foot, elevate torso upright. Then flex knee, grab foot and lean into the movement.



PM Muscle Recovery

Hang Ten

30 – 60 second breaths

Start on all fours, neutral spine. Flex toes under heels and press back into sitting position – buttocks over heels, knees on the ground.

Draw the shoulder blades down the back, rotate palms to the sky, rested on quads. Close eyes, relax and release.

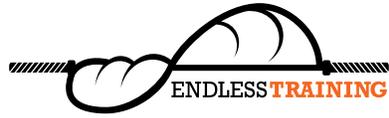
MODIFICATION:

If this is too strong on toes, okay to curl toes under and rest on tops of feet.

POINTERS:

- Super important for dorsi-flexion of toes and ankles. This may be uncomfortable for some, especially for longer holds. Encourage participants to find stillness in this position.





Devan's EXERCISES



Warm Ups

Pick 3 of these Exercises

- Loco Spider - 3 to 4 Forward & Back
- Around the Worlds - 5 per side x2 times
- Windmill - 5 per side
- High Knees - Forward Back x5 to 10 times
- High Knees - Sideways x5 to 10 times
- Hip Skip - Forward & Back x5 times
- Hip Skip - Sideways x5 times
- Bear Crawl - Forward & Back x3 times
- Jumping Jacks - 60 - 100
- Lazy Spider - 3 or 4 Reps



Strength

**Pick 3 of these Exercises
Do 3-4 reps of the Circuit you pick.**

8 - 10 Count of each Exercise

- Sweat Angel
- Dead Bug
- Touch Squat
- Pull Ups
- Mountain Climbers
- Bear Crawl
- Single Leg Hop & Stick
- Single Leg Dead Lift - (If weighted 10-25lb)
- Single Leg Dead Lift - W/ Sand Bag
- Cow Bell Swing - 20lb
- Cow Bell Crunch Hold
- Med Ball Smash - Above Head
- Med Ball Smash - Hip - Slam into wall
- Med Ball Smash - From Chest (like a basketball pass)
- Around the World Lunges
- Goblet Squat - Sand Bag
- Get Ups - Weighted
- Skater Squats w/ Weights
- Lateral Squats w/ Weights
- TRX Band Lunge
- TRX Band Pull Ups - Rotating palms
- TRX Single Leg Squat
- Wall Sits
- Planks

Conditioning

**Pick 3 of these Exercises
20 Sec. 10 Sec Rest | 8 Rep Circuit**

Do Exercise for 20 sec and rest for 10 no stoping!

- Pop-Ups
- Skater Squats
- High Low Rotations - Using Bench
- High Knees - With Bench
- Ropes - Rolls and Waves
- Ropes Single Hip
- Ropes w/ Bosu ball
- Ropes w/ Indo Boardl
- Ladder w/ Band Tension band on ankles Twist
- Ladder Tip Toe for speed
- Ladder Twist w/ Pop-up
- High Jumps - Push those hips and keep knees out!
- Rotation 180 Jumps
- Rotation 360 Jumps
- Rotation Jump Transfers - Spin jump from one side of mat to another



Cool Down

Pick 1 of these and do for 1-3 minutes or a couple if you like.

Hold and Breathe these positions using slow movement.

- Hip Switch
- T-Spine Internal Rotation
- Basic Windmill
- Lazy Spider
- Hang Ten
- Indo Board
- Ball Roll-out Shoulder
- T-Spine Static Stretch



