Complementary blog post: Benefits of Surfing

Subject: Which Muscles Does Surfing Build?

{firstname}

Did you know that surfing provides the body with an awesome workout?

As you surf, you’re required to not only keep a steady balance, but to paddle hard against the current. It takes a lot of strength and stamina to surf and while it does provide a great all-over workout, it does work some muscles more than others.

Here you’ll find out which muscles surfing builds and why surf training is quickly gaining in popularity.

Biceps and triceps

Before you can start surfing the waves, you need to get far enough out into the water. In order to do this, you need to paddle. Now, paddling out is a lot tougher than many people realize. Your arms have a lot of work to do in order to paddle against the current.

The main muscles required to do this are the biceps and triceps. The deltoids are also important, situated around the shoulders and the upper back. If you look at pro surfers, you’ll quickly realize all of them have a very toned, defined upper body.

Abdomen and lower back

Once you’ve paddled out and you’re waiting for a wave to hit, balance becomes extremely important. This is where the abdomen, lower back and mid-section muscles come into play. The more you surf, the more these core muscles are going to build up.

Gluteus maximus, quadriceps and hamstrings

When a wave comes, you need to quickly stand up on the board ready to ride it. This actually uses up almost every muscle in the body. However, in particular it targets the gluteus maximus, quadriceps and hamstring muscles.

The butt and legs do the most work, so you’ll find they build up quite quickly if you surf on a regular basis.

The heart

The heart is your body’s largest muscle and it gets a pretty good workout from surfing. As it’s a cardiovascular exercise, you’ll find it really helps to build up the heart muscle, ensuring you get the most from your surfing sessions.

As well as building up almost every muscle in the body, surfing also delivers some other excellent benefits. You can find out more about these in this blog post on our site…

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Overall, surfing does build up strong, healthy muscles and the above are just the main ones it targets. As it does work the muscles pretty hard, you should always warm up before you head out into the water. If you don’t, you could end up pulling a muscle out on the water, which could lead to pretty disastrous consequences!

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