

CHRISTIAN FLETCHER'S IN OZ: "WELL I HAVE NO GIRLFRIEND, NO HOME, NO DOG..."

TRACKS

the surfers' bible

tracksmag.com

THE NEXT BEST THING TO PLASTIC PANTS AT PIPELINE

APRIL 2005
\$7.50 (INC GST)

**DID THE TSUNAMI QUAKE
DESTROY INDO'S
BEST WAVES?**

**THE \$20,000
POKER GAME**
ANDY IRONS AND CO BET BIG.
WHO WON? WHO LOST?

+ A FLUFFY POSTER!



Marcus Hickman, hi-lining
photo: SEAN DAVEY

PHOTO SPECIAL:
ALL-TIME WEEKEND
Gold Coast, Sydney, Blokes' Island, Hawaii...

**SPECIAL
REPORT:
FROM THE
ISLANDS**

**SURFING
CARES?!**

The world's most selfish sport
is saving lives in Indo



APRIL 2005
VOLUME 04 OF 12
AU \$7.50 NZ \$8.50
(INC GST)



an emap magazine

BE THE BALL!

Core strength is the key to good surfing. *by gezza blake*

AS EXERCISE scientist, personal trainer and high-performance coach Keiran Barry told *Tracks*, "These exercises are designed to improve balance, core strength and leg strength for surfing." These exercises should be used in conjunction with aerobic activity and stretching to gain maximum benefit. Before starting these Mediball exercises, skip or jog for five minutes to warm up, and always conclude with a solid stretch. If you have back, knee or pelvis problems, seek advice from a health practitioner. If you are serious in furthering your surfing fitness, Keiran Barry is your man: he can be contacted on kjbarry@ozemail.com.au

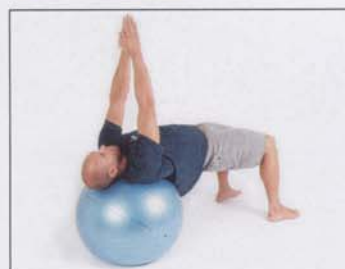
2. HAMSTRING CURL



- Lie on your back, feet on the ball.
- Lift your hips to make a straight line from your shoulders to your feet.
- Extend arms on the floor, palms facing down.
- As you get stronger you can work your arms closer to your body, eventually placing them crossed on both shoulders.

- Pull your heels in towards you keeping a straight line with your back from your shoulders to your knees.
- With a smooth movement, roll back to the starting position.
- As strength improves, bring two legs in and then one leg out working at getting to using just one leg.

4. RUSSIAN TWIST



- Sit on the ball and walk forward until your head and shoulders are supported on the ball, hands pointing to the roof.
- Core parallel to the ground, knees over feet, keep hips even with your back.
- Bend knees at 90 degrees.

- Rotate all the way to one side using your core to move, not your shoulders.
- As soon as you stop, roll back the other way in one smooth motion.
- Eye your hands throughout the entire movement.

1. THE JACKKNIFE



- Start with your hands on the floor and the top of your foot on the ball.
- Draw your navel towards your spine tilting the pelvis forward.
- Make sure your back is flat and straight from legs to your neck.
- Use a mirror to make sure position is correct.

- Keeping your back in a straight position and as flat as possible, bring your feet under your body.
- There's a tendency to lift your arse in the air but try and keep it flat and in line with the rest of your body.
- Push ball back out into the starting position, keeping the body flat and controlled. Start with 10 repetitions.

3. PUSH-UP ON BALL



- With hands on the ball make sure you grip the ball with your thumbs forward.
- Keep body straight (leg, bum and leg all in a flat line).
- Draw the navel into the spine to activate the core stomach muscles.

- As you press down, your elbows should come out.
- Keep the line of the body straight.
- Lower chest (not head) to the ball, hold for 1-2 seconds and straighten.
- Once at the top, don't rest, lower straight back down again. Start with 10 repetitions.

5. FORWARD BALL ON FEET



- Place forearm and hands on ball with hands pointing up.
- Engage core by drawing your navel to your spine.
- Keep back, hips and legs in a straight line to each other.

- Only roll out far enough so you can maintain a flat back and pelvic tilt.
- Once at your maximum, roll back to the starting position.
- Keeping the back flat and the pelvis tilted is imperative so as to prevent a sore back. **B**

POINTS TO NOTE

Always concentrate on these important points during the exercise: • Draw your navel in towards your spine to activate your core stomach muscles. • Stand tall through abs and chest – this is the s position to support spine and torso • Use a mirror to check your techniques.