

Plan Ahead For The Next Wakeboard Season...

Keep your off season active with other activities and workouts that specifically target your wake muscles. Plan ahead for the next wakeboard season by being in good enough shape all winter to go out there and ride at any given moment. Hey, you never know.. you might end up wakeboarding somewhere warm mid Feb??

Note: For some of these exercises, you'll need either elastic bands, dumbbells, or some all-in-one machine.

Take 10-30 minutes, 4-5 days a week to get in those exercises. For wake sports, work everything, but especially your legs and core. Like this:



- Day 1: Legs and abs/core
- Day 2: Back, biceps
- Day 3: Chest, triceps, and abs/core
- Day 4: Legs light, trampoline or bike, shoulders
- Day 5: Abs/core, trampoline
- Day 6 or 7: Trampoline, Rest

If you can't trampoline, spend time visualizing the moves and watching wake videos online. Plus, do more push-ups, sit-ups, planks, back and neck exercises.

If you want to go all out, try these 3 days in a row, rest one day, then repeat:

- Day 1: Legs, back and biceps, abs/core
- Day 2: Chest, triceps
- Day 3: Shoulders, abs/core

Mix in as many additional activities as you can. For example:

- Stand vs. sit whenever you have the option.
- When driving your car, get an abdominal workout by contracting your muscles like you'd do if you were doing crunches.
- Use a gyro ball or stress ball to keep your fingers and forearms strong.
- Snowboard, ride a bike, paddle board or kayak. Basically any other sport is a great off-season workout because it keeps your breathing solid and gives you alternative fun to be had that will compliment your summer activities.

Adam Fields