



Strength Workout On The Helix (16-29 minutes)

Strength training is a type of physical activity that specializes in the use of bodyweight or external resistance to induce muscular contraction to build the strength, anaerobic endurance, efficiency, and size of skeletal muscles.

Muscular strength is different from muscular endurance. Strength is a measure of how much force your muscles can exert, while endurance is the measure of the duration of time a muscle can maintain tension, or force.

Specific benefits from Strength Training include:

- Decreased body fat
- Decreased stress levels
- Increased immunity
- Increased bone density
- Increased metabolism
- Increased self-esteem
- Increased strength
- Enhanced motor control

Strength building leads to improved mental and physical stamina enabling one to endure the challenges of on-the-go everyday living.

THE STRENGTH WORKOUT ON Helix				
Stage	Movement	Resistance	Time	NOTE
Warm Up	Surfing Alt Sides	L1-3 to L4-6	4-6 min	Gradually increase resistance, 2-3 min/side
I	Surfing Alt Sides	L5-6 and up	5-10 min	Increase resistance from heavy to challenging level
II	Surfing Alt Sides	L3-5 to L6-8	2-3 min	Gradually increase resistance
III	Grind Alt Sides	L6-8	30 sec	Increase RPMs to a challenging pace
IV		Active Rest	30 sec	
Repeat Stages III-IV 2 to 5 times				
Cool Down		L2-3	2-4 min	
Total Time			16-29 min	