



# *Drysurf Training System*

INNOVATIVE TRAINING SYSTEM!

# *Base course - Instructor Drysurf Training System*

## *A new concept of training*

*(Basic and essential concepts for instructor Drysurf Training System)*



**Course 1.0 Drysurf Training System** (presentation, principles, philosophy, knowledge of the environment, proprioception, physiology training, joint physiology, heating programs, functional training, stretching and editing programs).

It is a really interesting course and will be taught by **Miguel A. Lindoso** creator of Drysurf Training System (Elite Ex-Athlete, National Coach, Osteopath and extensive experience in biomechanics), **Nacho P. Nestares** (Personal Trainer, Monitor Fitness Monitor kite and SUP, **CSD** Therapist and Instructor **Drysurf Training System**).

allows us to execute **functional training for all kinds of sports, Football, Basketball, Tennis, Martial Arts, Surfing. Paddle, Snow, Sky, Skateboard** etc ... and adapt to the **Fitness** or activities such as **Yoga and Pilates** with the advantages of **Functional Balance Board**.



Muscle Groups

This work system is designed and analyzed, to **prepare and protect the skeletal muscle system** specific to the effort that every sport requires and thus **avoid the most unnecessary injuries**, which usually occur either by insufficient preparation or by a preparation (exercises) poorly executed.

## Drysurf Training System



### Articulación de la Rodilla



Las estadísticas nos dicen que aproximadamente el 40% de lesiones vienen por sobrecarga articulación de la rodilla. Un porcentaje se ocasiona por la sobrecarga que el impacto que recibe con cada pisada, la rodilla de un corredor resiste una fuerza igual a ocho veces su peso corporal - en una persona de 75kg eso supone cerca de 600 kg de impacto en cada zancada. En el caso de otros deportes de deslizamiento, en porcentaje es parecido (no tanto por impactos, si no por torsión). Habitualmente en el surf, esquí, snowboard .....

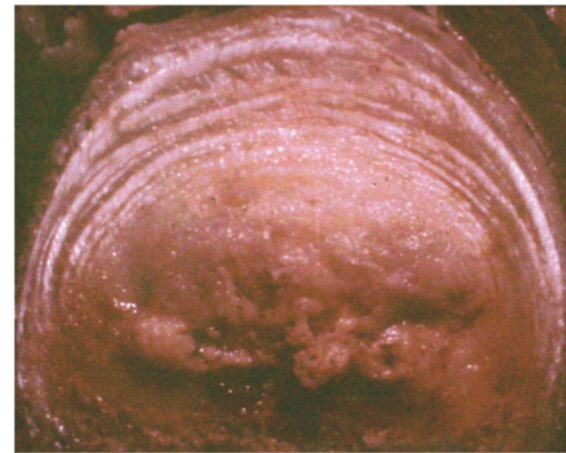
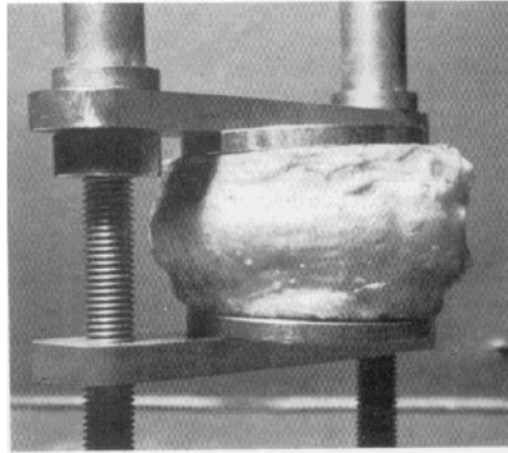
" Nuestro objetivo dotar de una estabilidad articular a la rodilla, proporcionando al músculo potencia, velocidad y resistencia, pero sin impacto ni torsiones."



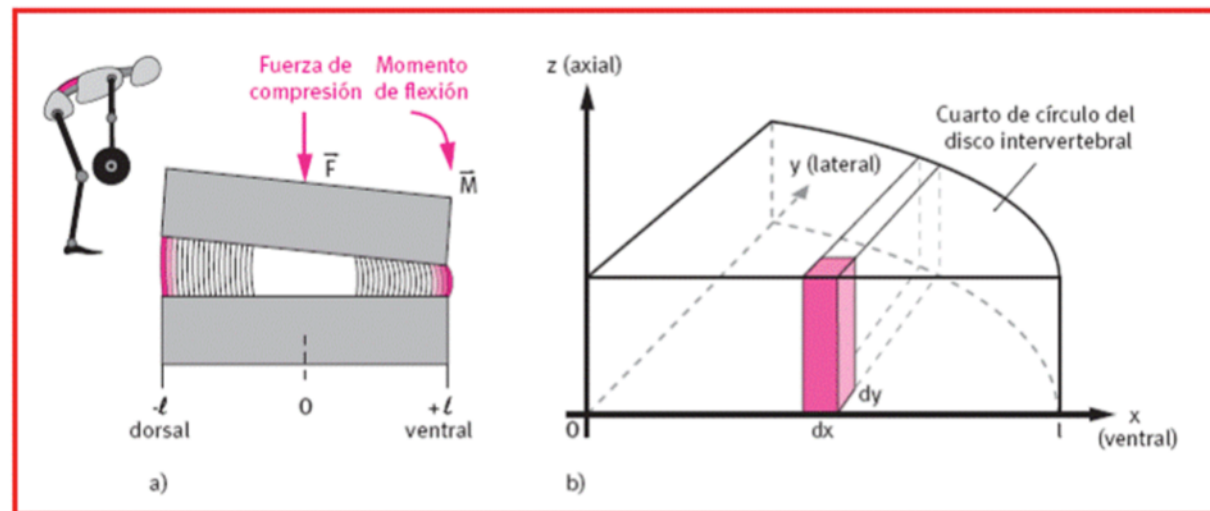
We care joints



## Behavior of the intervertebral disc in motion

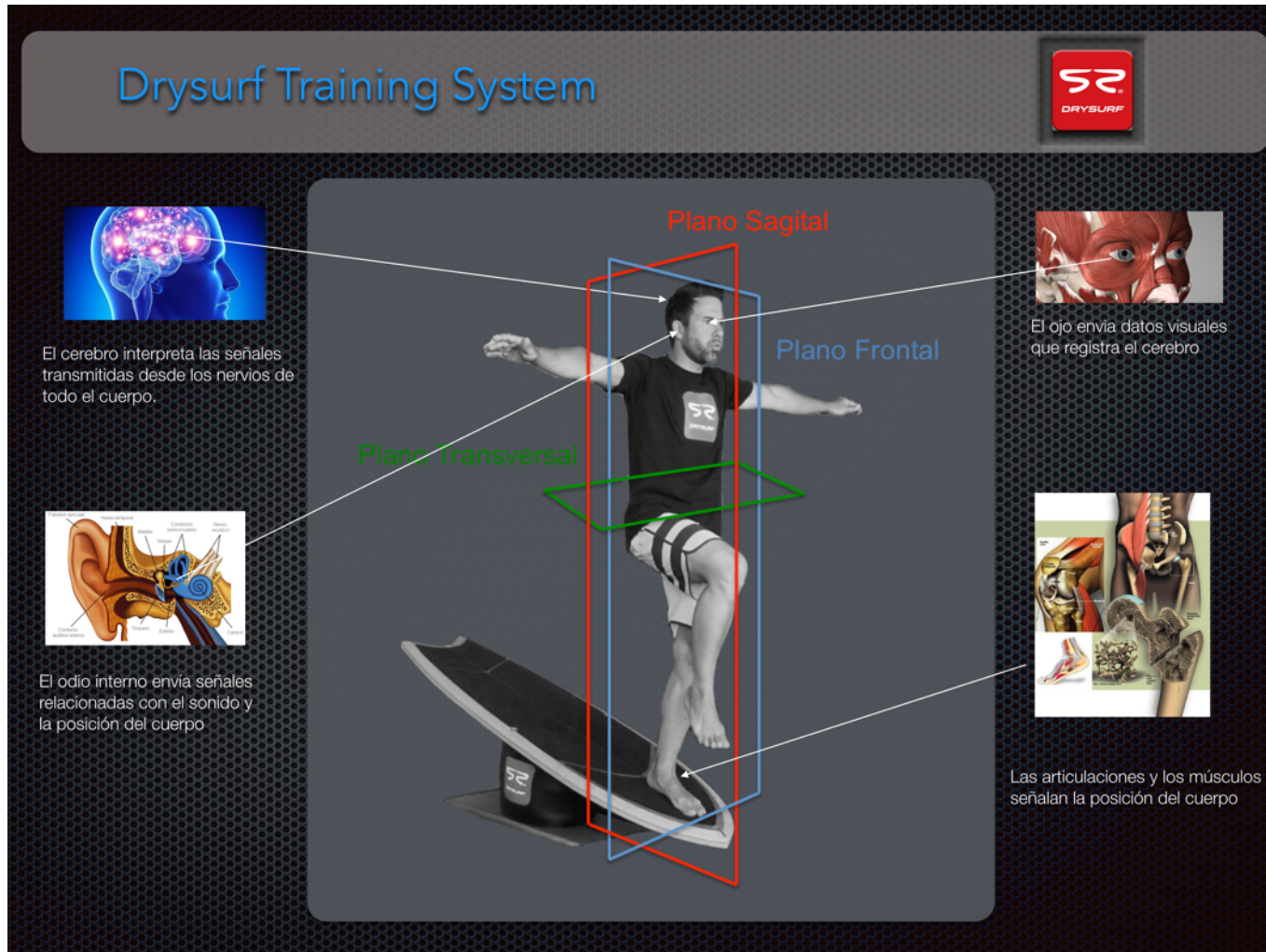


### Comportamiento del disco intervertebral



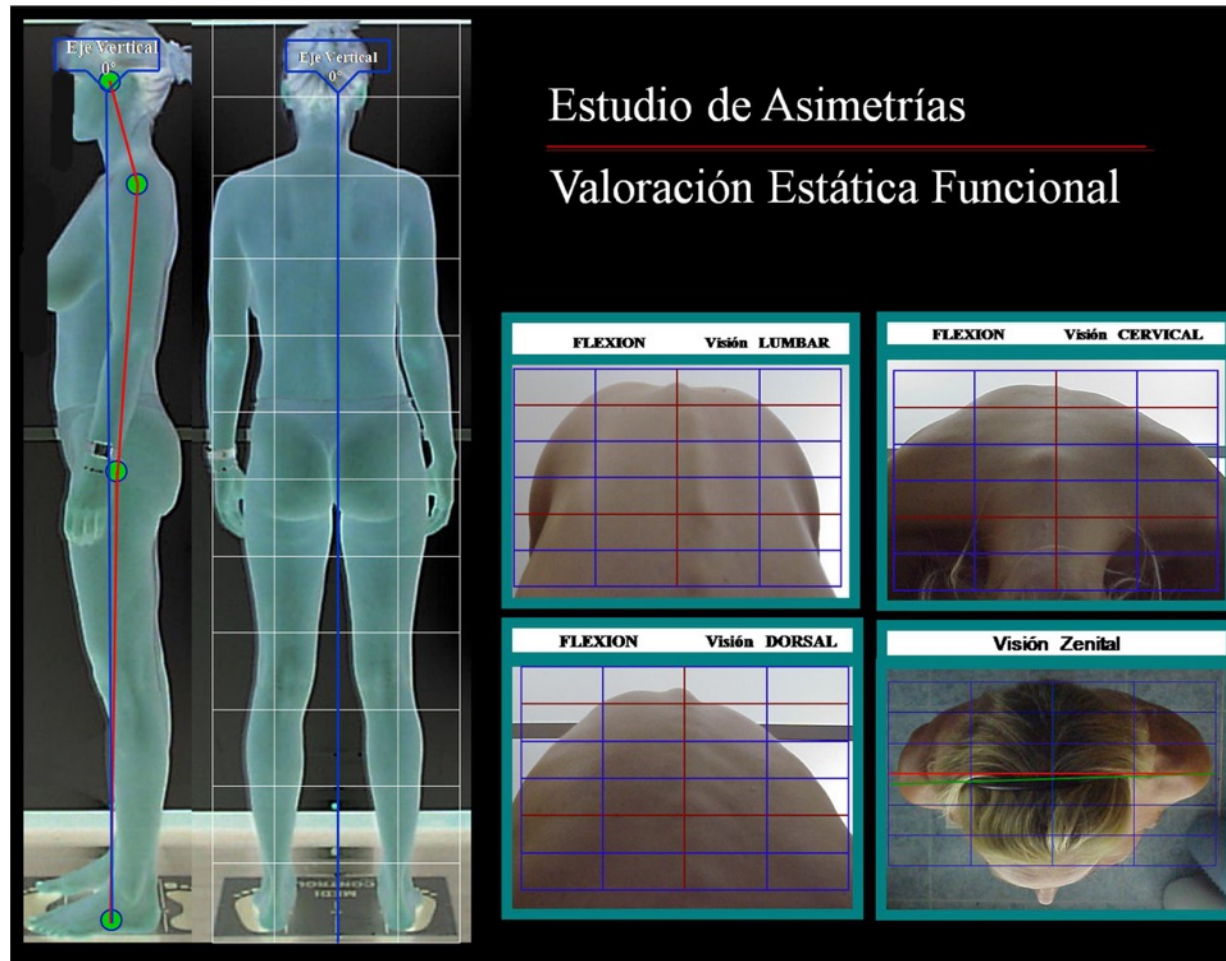
**Figura D-15** Carga de la CV durante la flexión anterior con la columna curvada (situación crítica)  
a) Efecto de la fuerza sobre el disco intervertebral, b) Modelo de cálculo para las cargas de flexión del disco

**Based on proprioception**, reactivating the maximum muscle fibres and simultaneously turn doing cardiovascular work with the benefits of Balance.



Proprioception

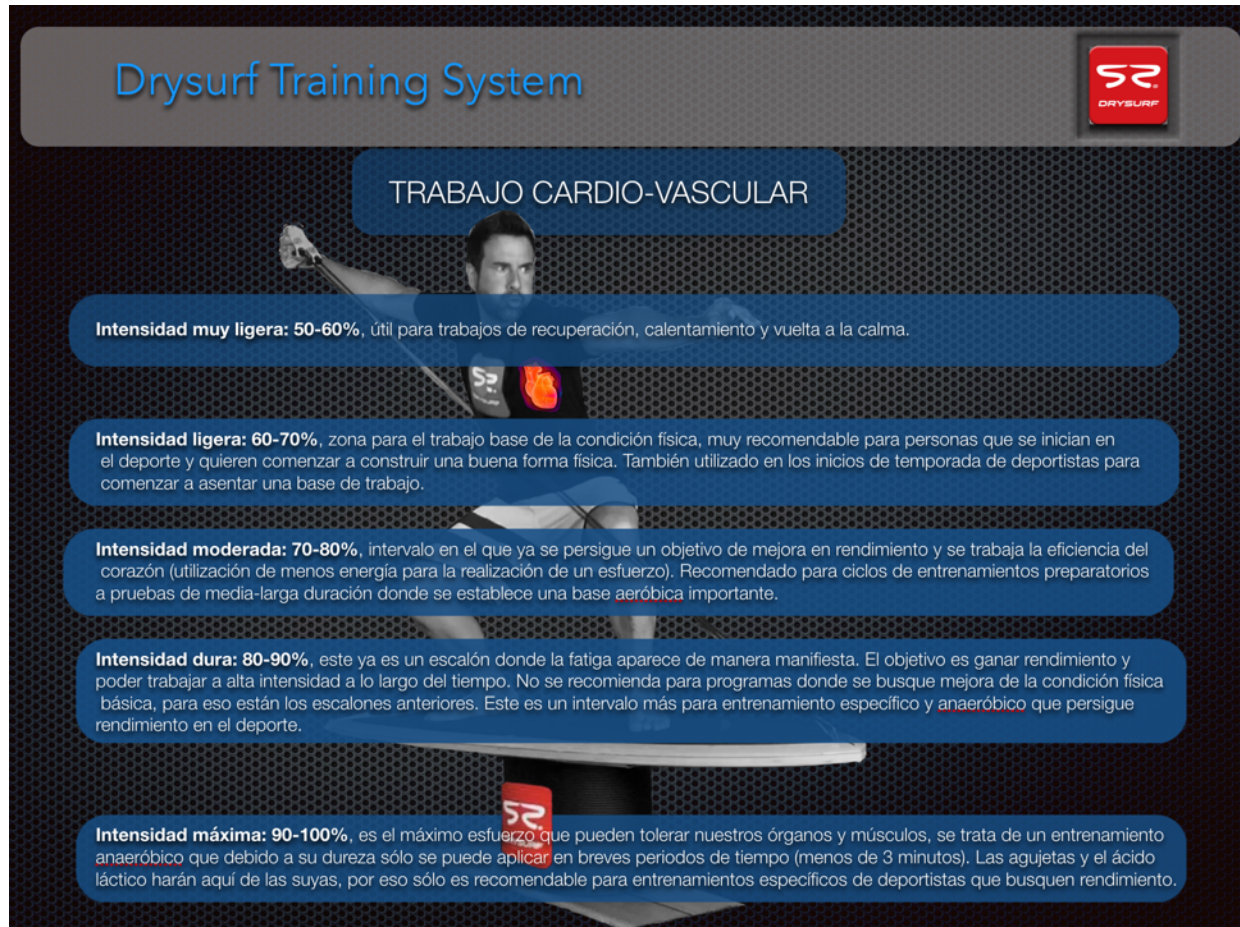
**With the vertebral Studies** of protocol, gives us the necessary information to personalize the athlete and work well with **(DTS) Drysurf Training System** preventively treat athlete or if there is a specific pathology to correct it.



Static functional assessment protocol customized



**The principles, philosophy and background of the birth of Drysurf** has been and is, **to improve the quality of life of any sportsman** either amateur or professional, for it has created a method of training **(DTS Drysurf Training System)** is a training method existing as complete and healthy.



The image is a vertical infographic titled "Drysurf Training System" at the top. It features a background image of a man in a black and red Drysurf shirt performing a rowing exercise. The infographic is divided into five horizontal blue boxes, each containing text about different intensity levels for cardiovascular work. The top right corner of the infographic has a red square logo with the letters "SR" and the word "DRYSURF" below it. The title "Drysurf Training System" is in a light blue font. The section title "TRABAJO CARDIO-VASCULAR" is in white text on a dark blue background. The intensity levels are listed in white text on blue boxes, with some words in red for emphasis.

## Drysurf Training System

**TRABAJO CARDIO-VASCULAR**

**Intensidad muy ligera: 50-60%**, útil para trabajos de recuperación, calentamiento y vuelta a la calma.

**Intensidad ligera: 60-70%**, zona para el trabajo base de la condición física, muy recomendable para personas que se inician en el deporte y quieren comenzar a construir una buena forma física. También utilizado en los inicios de temporada de deportistas para comenzar a asentar una base de trabajo.

**Intensidad moderada: 70-80%**, intervalo en el que ya se persigue un objetivo de mejora en rendimiento y se trabaja la eficiencia del corazón (utilización de menos energía para la realización de un esfuerzo). Recomendado para ciclos de entrenamientos preparatorios a pruebas de media-larga duración donde se establece una base **aeróbica** importante.

**Intensidad dura: 80-90%**, este ya es un escalón donde la fatiga aparece de manera manifiesta. El objetivo es ganar rendimiento y poder trabajar a alta intensidad a lo largo del tiempo. No se recomienda para programas donde se busque mejora de la condición física básica, para eso están los escalones anteriores. Este es un intervalo más para entrenamiento específico y **anaeróbico** que persigue rendimiento en el deporte.

**Intensidad máxima: 90-100%**, es el máximo esfuerzo que pueden tolerar nuestros órganos y músculos, se trata de un entrenamiento anaeróbico que debido a su dureza sólo se puede aplicar en breves periodos de tiempo (menos de 3 minutos). Las agujetas y el ácido láctico harán aquí de las suyas, por eso sólo es recomendable para entrenamientos específicos de deportistas que busquen rendimiento.

Cardiovascular work



# Drysurf Training System



## Calculo de frecuencia cardiaca entrenando

Fc máxima = (220-edad)

Fc de trabajo = (Fc máxima) x % de trabajo

Fc de trabajo según Karvonen

(Fc máxima-Fc reposo) x % de trabajo + Fc reposo



Example: Group classes or different levels

A tool work **Functional Balance Board**, also the most complete on the market, which by **the angle of mobility** that allows us in **the 4 axes** and its **broad base**, which adapts to all sports sectors, providing a greater chance of executable exercises therefore greater **neural stimulation and proprioceptive capacity**.





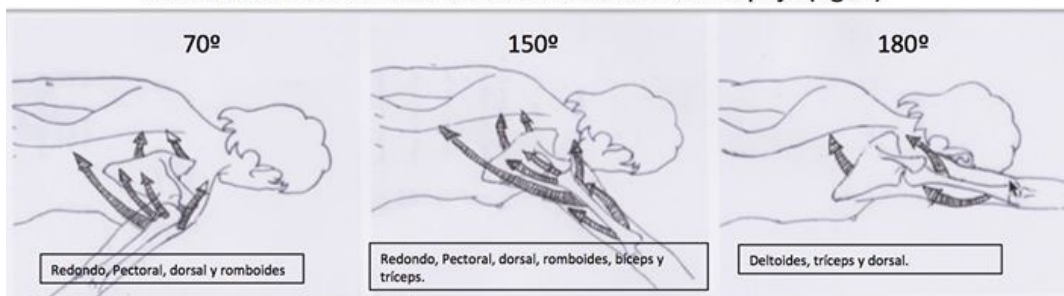
*Sometimes in the world of Surf, nature is not always on our side and there are no waves, Drysurf Training System is there for you when nature is not !*

**A technical and functional training continued Drysurf, although it does not replace the water, it does prepare your body and improves maneuvering in the water.**

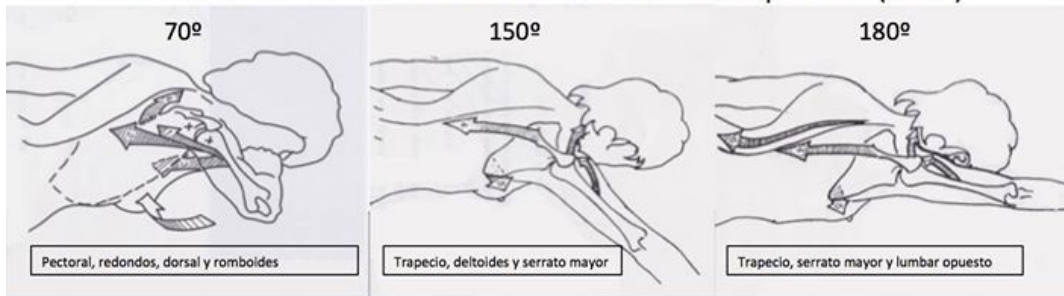
***Our goal in Surfing***, is to provide the market and the general public **(initiation, maintenance or high performance)**, a working tool and a training system that allows its users to become familiar with this sport easily and safely. This new form of training, merges surf skills **(balance, concentration, fluency)**, with preventive medicine and allows you to run the exercises **preventing and / or recovering injuries.**



Biomecánica del hombro en la remada fase de empuje (agua)



Biomecánica del hombro en la remada fase de Recuperación (aérea)



Músculos que intervienen en la remada

This system helps to practice maneuvering out of the water as often as you want, activating **Neuronal Stimulation**, since the brain corrects and memorizes every move.

Surf in the sector, it is essential for all initiation to the sport, especially for **Take Off** (stand to catch the wave). This device allows you to practice the take off between 40 and 60 times an hour, this being the best way to prepare, to be able to practice as many times as you like, without the difficulty of doing so in the water, because to obtain between 40 and 60 take offs, we would need at least one week. Surfers can check their evolution as in the water they can not practice all the time desired.



**The course for its content and development**, is very focused and be performed separately (only course), **physical education teachers, physiotherapists, personal trainers, sports trainers of any activity and fitness instructors** possibly generate jobs by the Drysurf instructors demand, so it is very interesting for anyone engaged in the physical training of any sport.

#### **ONE OFF PROMOTIONAL LAUNCH**

In appreciation of global acceptance that has taken our product, Drysurf , as part of the promotional launch in force at the moment, wants to make this year very special and only for those who sign up to it, may acquire our **Functional Balance Board** with **20 %** discount off the list price.

# OUR FUNCTIONAL BALANCE BOARD

## **handcrafting**

Product made in Spain, worked to the last detail with high-quality materials (iron, wood 36 cm thick exterior) exceptional finish (varnish, paint baked).



Products and brand PATENTED

Basic Course price ( course only )

Course **430 €** Saturday and Sunday With the course it is not mandatory to buy any units.

And if you are interested in buying our Functional Balance Remember also our launch promotion!

Normal price of Functional Balance Board is 2900 €

On completion of the basic course obtain your own Functional Balance Board with a 20% discount.

For example;  $2900 \text{ €} - 20\% = 2320 \text{ €}$  unit. each unit being acquired in the course. Therefore you will receive your basic course FREE !!

If you are interested in signing the basic course or you plan to introduce our training system, do not miss this opportunity, if you have any questions or need me to extend this information, we will be happy to assist you, please contact us and book your place.



***DRYSURF***