

Shredding the Waves, Shredding the Weight: The Upgrade Life of a Surfer

One of the most rewarding experiences a performance team can have is impacting the life of a client on a greater scale than that individual thought possible. We live for the moments when a client comes in to upgrade their performance in a particular sport, but finds multiple aspects of their life simultaneously upgraded beyond their original intent. *“I came here with improving my surfing in mind. How good I’ve felt outside surfing in everyday life was something I didn’t really anticipate. And that’s equally as important to me now that I’m feeling it.”*



Shaun Devine, a lifelong surfer and client of ours at In Motion Sports Performance powered by EXOS, approached our team in June with the goal of improving his performance on the board. He had spent all of his twenties at 6’1”, 160lbs and never had to worry about gaining weight or diminishing performance. Around his 30th birthday, he endured over a year of personal hardships and let his health begin to slip. During that time he noticed his surfing ability trending in the wrong direction and was wondering why- was it mental, physical, or both? He was at the point that he couldn’t go surfing and have a good time. He would get out of the water in a bad mood which was the complete opposite of why he was doing it in the first place.

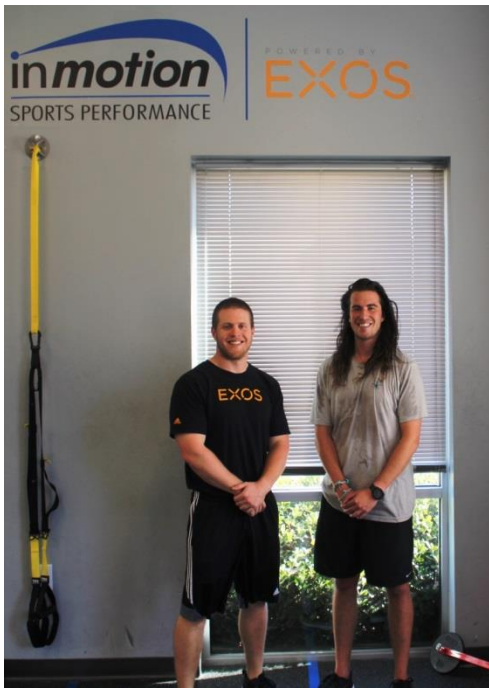
Shaun’s big wake-up moment came in January when he stepped on a scale at Target and saw 190lbs for the first time in his life. In fact, it was the first time he had ever seen anything over 165lbs on a scale. In disbelief, he pulled an analog scale off the shelf to re-test his weight and it read the same. His weight peaked at 195lbs prior to joining our program.

Trusting the Process

Within 1-2 months of consistently participating in our Rally program, Shaun’s weight dropped to 180lbs. He built up the stamina to extend his surfing sessions to 3-4 hours in duration, and he has more strength to put into his turns, paddling, and momentum. He attests that his surfing abilities have now returned to where they were years ago, or perhaps even better. Even more rewarding is the feeling of overall confidence in both his body and mind.



“When you surf, it’s you and the board. Sometimes you control the board, but sometimes it can control you. I feel like I now have the board completely under my feet and I can make it do what I want, when I want, and that’s a really good feeling.”



Recovery to Performance

From a movement and dysfunction perspective, Shaun came to us with chronic low-back pain. Through collaboration with our In Motion Physical Therapy staff and taking a “movement first” approach to his training, his back spasms are getting less frequent and less intense. He doesn’t think about his back when he is in the water. Since refining his movement literacy, Shaun has built a tremendous amount of strength, which has allowed him to improve his skillset on the board. Now he can better perform both little “ticky-tack” cutbacks, and powerful cutbacks by throwing his whole weight into the board.

“I feel great physically. I’m not done- there’s still plenty to do. But I feel the best I have physically in years. There’s also a mental part too: I feel confident in and out of the water in everyday life. Just feeling like I’m taking the initiative and doing something positive for myself. I’m really glad that I’ve come here and look forward to continuing the program and seeing where it takes me.”



In Motion Sports Performance powered by EXOS is dedicated to getting you Real Results! Come experience how our performance team can help you elevate your physical fitness and reach your goals.



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