

Improve Performance with Instability Techniques

I. INTRODUCTION

II. THE KEY TAKEAWAYS OF HYDRO TRAINING

- A. Surge® products offer an unstable training load - water that is constantly shifting and moving - in reaction to the movement pattern being performed.
- B. Surge® products offer a dynamic training load – moving water that must be quickly decelerated – which requires intense stabilization and body control.
- C. Accessory training and instability resistance training result in a win-win whether you simply want to get fit or lift heavier weights.

III. PRACTICAL APPLICATION

IV. RECAP

V. SURGE PERFORMANCE ACADEMY



Water Actions

Each of the four SURGE® Storm water actions requires different responses from the body, which stimulates the muscles to react. These stabilizing contractions are the foundation for strength and power improvements.



Quiet

- No water motion while holding or moving the SURGE® Storm
- There is constant feedback to equalize right and left and to self-correct imbalances throughout the body
- If the body is out of balance, the water will flow to one side, which stimulates you to engage the opposite side muscles to balance the load



Crash

- Acceleration of the water in the SURGE® Storm with quick stops
- The force and momentum required to crash the water creates a strong contraction at the end of the movement, which builds strength and power
- Water crashing can be progressed from single crash exercises to repetitive crash drills



Oscillate

- Continuous water motion while moving the SURGE® Storm
- The constantly moving water mass requires core stabilization and strength to make each repetition the same
- Increased water speed increases force output, and neuromuscular challenge without having to increase the volume of the water



Dump

- Shift water from one end of the SURGE® Storm to the other
- Because water molecules are cohesive and move as one unit, the slightest tilt will cause the entire water mass to shift
- Water dumping requires intense bracing and stabilization at the end range of the movement

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