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### Easy Surfing Fitness - User Review

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## Easy SURFING FITNESS

### What Every Surfer Should Know

#### How to be a Fitter, Stronger and Healthier Surfer

by David Sautter & Troy Adashun – Easy Surfing Fitness

We have personally trained hundreds of surfers to date. In the process, we have learned and tested the most efficient, proven, and tested methods to lose fat, have a strong and lean body, improve your surfing, and increase time spent in the water by getting fitter and following the easy steps outlined below.

- 1. It all starts with what you eat.** The fuel you are putting in your body during surf fitness training day in and day out determines how you feel and how hard you can

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