

Surge® Pyramid Power

1. Introduction

Using Hydro-Inertia® properties to test all aspects of functional fitness, learn how water is the new steel. This scalable session for personal, small group and large group training applies unique reactive resistance programming designed in a classic pyramid protocol. Power, strength and cardio peaks challenge clients in a mix of timed intervals and team pursuits. Experience the benefits of working with water as your unpredictable resistance, and realize what a unique tool the Surge® can be for your training toolkit.

2. Water Is The New Steel

- A. Properties of water
- B. Benefits of working with water
- C. Surge® vs. Surge® 3.0

3. Grips & Water Actions

- A. Water Quiet - Shoulder Carry Reverse Lunge R/L
- B. Water Oscillating - Alternating Chop/Lift
- C. Water Crashing - Deadrow (fast)
- D. Water Dumping - Steer

4. Pyramid Power

- A. Power Pyramid
 1. $\text{Power} = \text{force} \times \text{velocity}$
 2. Ascending repetition pyramid – the repetitions go up in the first three cycles, before coming down in the final two cycles
 3. Execute each of the four exercises in the complex for the designated number of repetitions before recovering (approx. 10-15 seconds). Increase to the next number of repetitions and repeat moving up, then down the pyramid.
 4. 5 cycles - 4/6/8/6/4 repetitions
- B. Strength Pyramid
 1. $\text{Strength} = \text{load} \times \text{displacement} \times \text{time}$
 2. Ascending time pyramid – this pyramid is split in half over two rounds. In Round 1, complete each of the five exercises in lines, moving up the lines after each 30 seconds with no or minimal rest in between.

3. Having completed all the exercises once, repeat each exercise increasing the time to 40 seconds. Reverse these timings in Round 2 (after the Cardio Pyramid) to complete the pyramid.
4. 2 cycles in Round 1 – 30/40 seconds
5. 2 cycles in Round 2 – 40/30 seconds

C. Cardio Pyramid

1. Cardio = heart rate x stroke volume
2. Ascending time pyramid – this component is broken into three sections with a 60 second 'Whistle React' team drill dividing the two rounds of cardio exercises in a circuit format.
3. Perform each of the cardio circuit exercises for 45 seconds using 15 seconds to move between stations. Having completed one round, perform the 'Whistle React' team challenge before repeating the circuit for a second round.
4. 45 seconds per drill/60 seconds team challenge/45 seconds per drill

D. Repeat the Strength Pyramid

E. Repeat the Power Pyramid

Surge® Pyramid Drills

Warm Up

Exercise	Movement Pattern	Water Action
Single Leg Lateral Slides R/L	Hinge/Rotate	Water Oscillate
Rack Squat	Squat	Water Quiet
Overhead Press	Push	Water Quiet
Reverse Lunge w/ Shoulder Carry – R leg	Lunge	Water Quiet
Deadlift	Hinge	Water Quiet
Reverse Lunge w/ Shoulder Carry – L leg	Lunge	Water Quiet
Alternating Chop/Lift	Hinge/Rotate	Water Oscillate

Power Pyramid

- Ascending repetition pyramid
- 5 cycles – 4/6/8/6/4 repetitions

Exercise	Movement Pattern	Water Action
Thruster	Squat/Press	Water Crash
Uppercut	Pull/Hinge/Rotate/Push	Water Crash
Multi-Directional Touchdown	Locomotor	Water Oscillate
Battering Ram w/ Step	Push/Pull	Water Crash

Strength Pyramid

- Ascending time pyramid
- 2 cycles in Round 1 - 30/40 seconds
- 2 cycles in Round 2 – 40/30 seconds

Exercise	Movement Pattern	Water Action
Neutral Squat + Neutral Single Leg Deadlift	Squat/Hinge	Water Quiet
Box Drill	Push/Pull	Water Quiet
Russian Twist x 2 + Hip Bridge	Rotate/Hinge	Water Oscillate/Water Dump
Lateral Lunge w/Water Dump	Lunge	Water Quiet/Water Dump
Rotary Deadlift + Deadrow	Hinge/Pull	Water Quiet

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Cardio Pyramid

- Ascending time pyramid
- 45 seconds per drill/60 seconds team challenge/45 seconds per drill

Exercise	Movement Pattern	Water Action
Twisting Swing	Hinge	Water Oscillate
Mountain Climber x 8 + Deadrow x 4	Plank/Pull	Water Quiet/Water Crash
Rack Plyo Squat + Rack Plyo Lunge	Squat/Lunge	Water Crash
3-Step Horizontal Press	Push	Water Crash
Lateral Bound + Neutral High Knees	Locomotor	Water Oscillate/ Water Quiet

Strength Pyramid (repeat)

Power Pyramid (repeat)

Cool Down & Recovery

Exercise
Child's Pose Rollout
Gluteal Roll
Hamstring Roll
Calf Roll
Seated Chest Stretch
Standing Lat Stretch