



*Surf Hacks*

# HEALTH CHECK

8 STEP SURFER HEALTH CHECK

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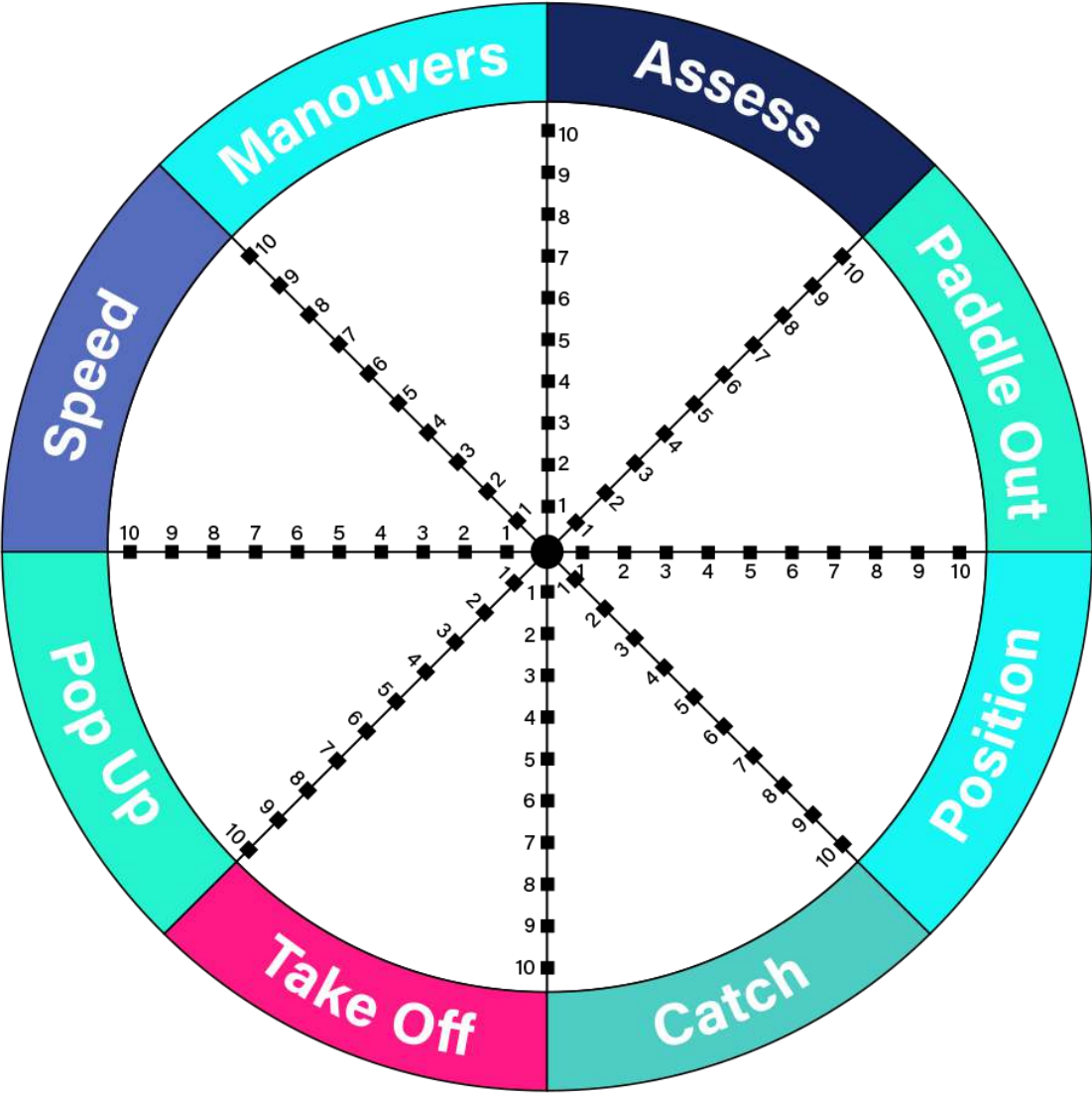
**SURFER HEALTH CHECK DIAGNOSIS™**

**OMBE**

**SURFER HEALTH CHECK DIAGNOSIS™**

# 8 Step Surfing Health Check

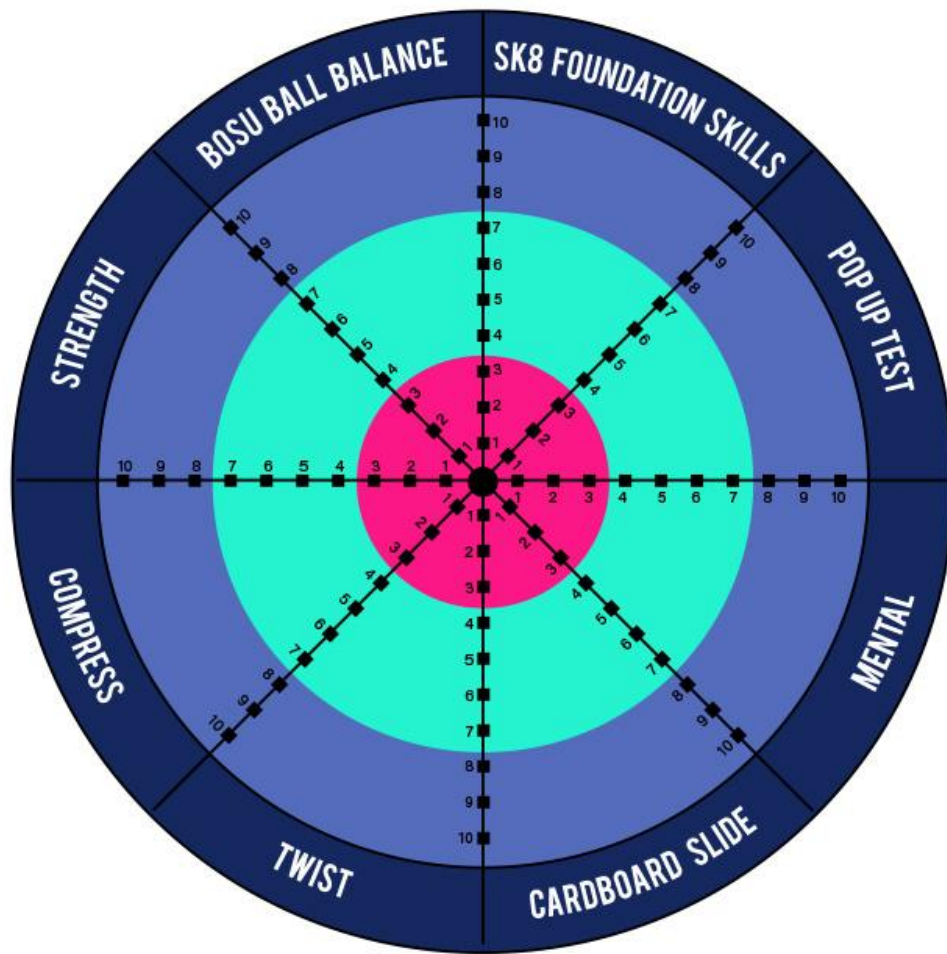
Rate Yourself From 0-10



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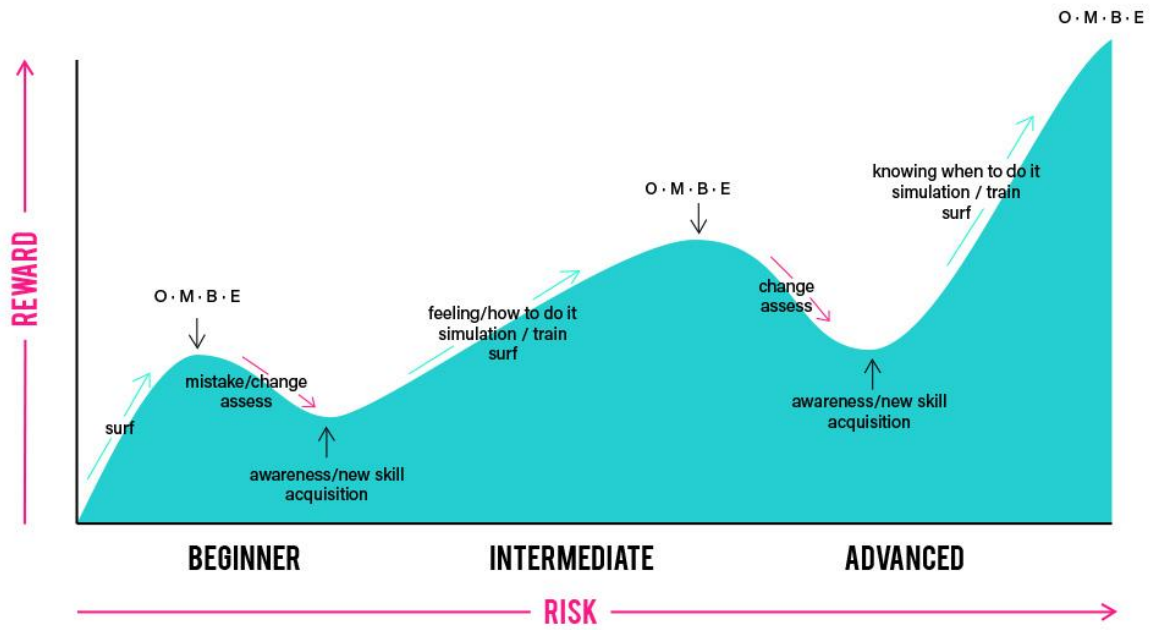
# ACCELERATED SURFING WHEEL



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# WAVE OF PROGRESSION



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