

ROW YOUR BOAT

PREPARE FOR PADDLE SPORTS WITH TARGETED TRAINING

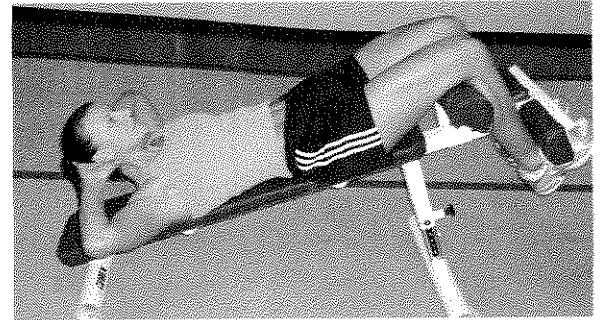
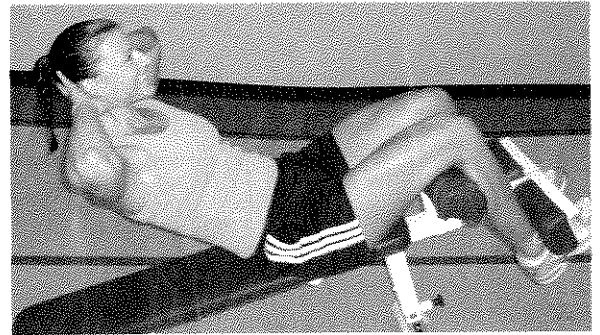
By Bob Talamini

Most people don't paddle enough to actually increase, or even maintain, the strength needed for canoeing or kayaking. Therefore, if you're preparing to participate in paddle sports this summer, it's a good idea to implement a dry land strength training component to help increase speed, prevent injury and improve the overall paddling experience.

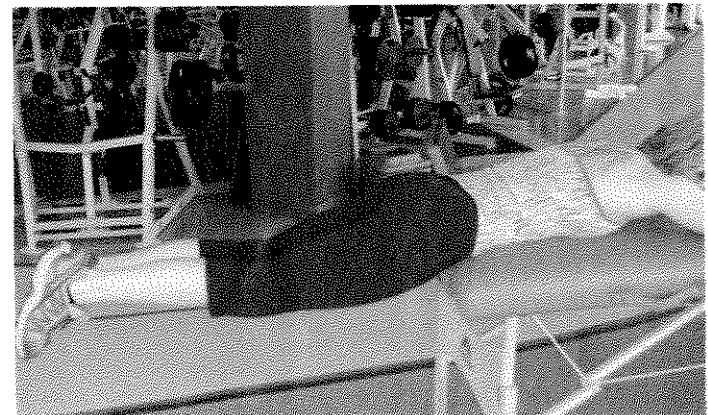
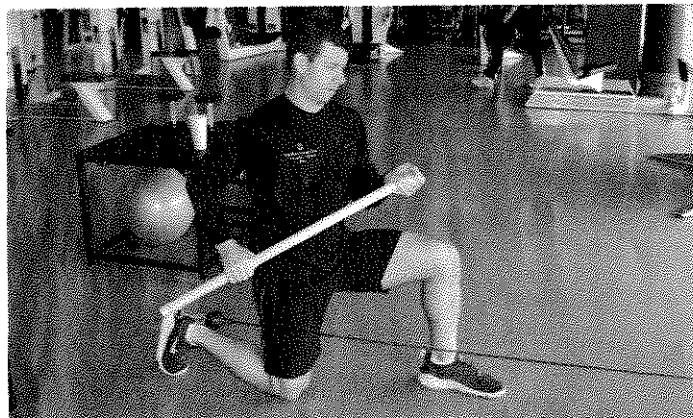
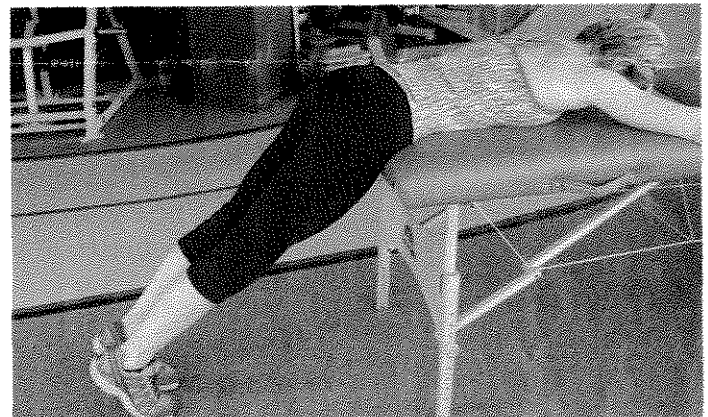
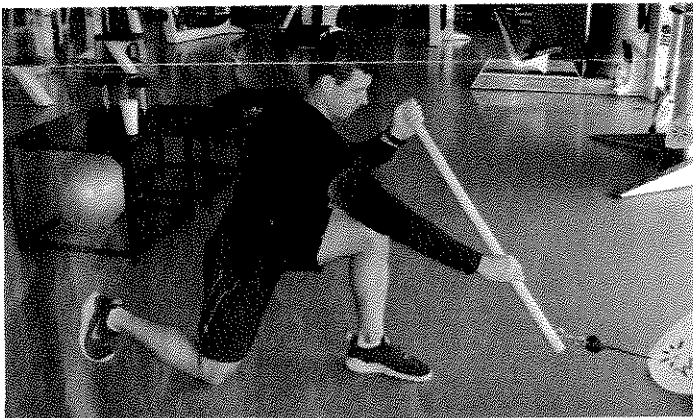
Most of us paddle using mainly the shoulders and arms. However, paddling strength comes first from your trunk and hips and then your shoulders/arms.

Add the following exercises to your total body program, cycling light/high repetition and heavy/low repetition weeks to get your body paddle ready.

TRUNK: BACK, ABDOMINAL, LOWER BACK

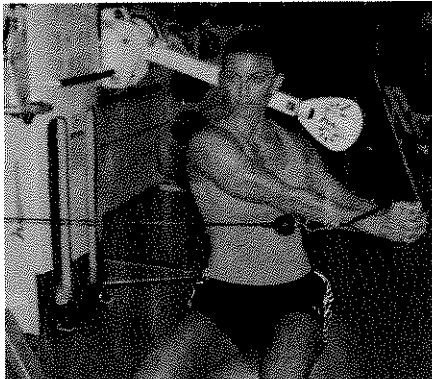
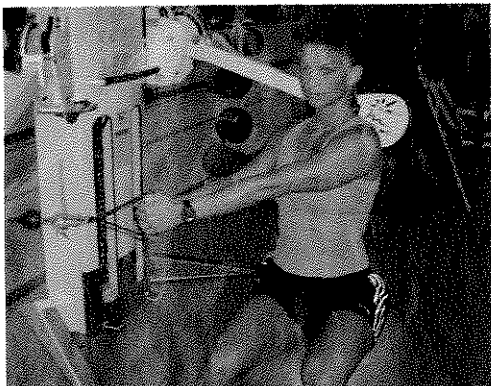


Incline board sit up: Using abs and hip flexors, curl up until upper body is almost at thighs. Go from flat board to increased incline as you get stronger. Stretch hip flexors after each set.

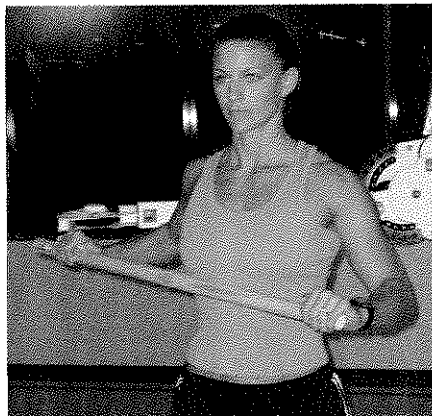
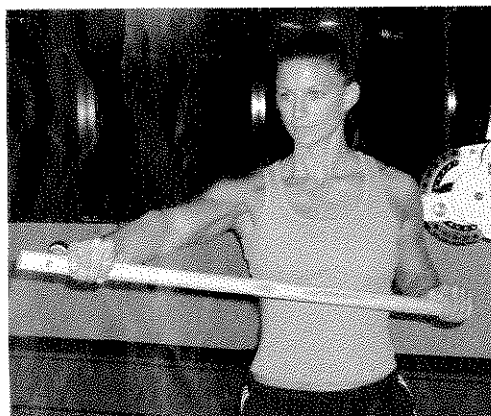


Paddle row: With back straight, flex hips at start of movement and slightly extend hips at end of movement. Start in standing position and progress to kneeling and, finally, on an unstable platform (bosu or stability ball).

Hip extension: Lying on table or stable platform, anchor the upper body and lift legs up parallel with ground.

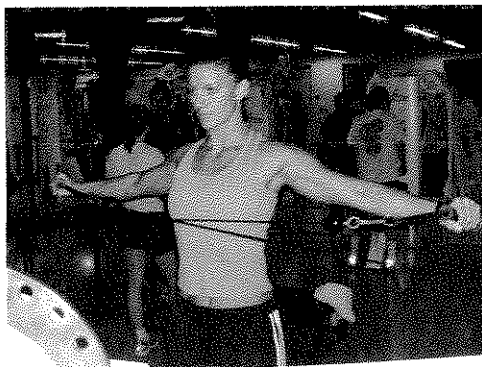
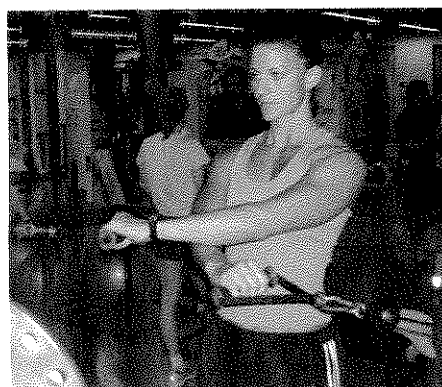


Seated trunk rotations: Sitting on a stable platform, then progressing to an unstable platform, use cable machine or thera band and rotate trunk. Arms should be straight, back straight, abs taught. Rotate through a horizontal plane.

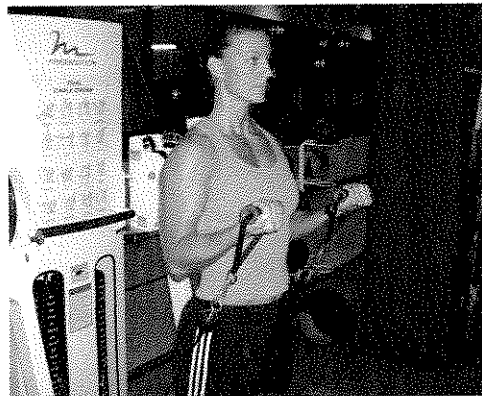
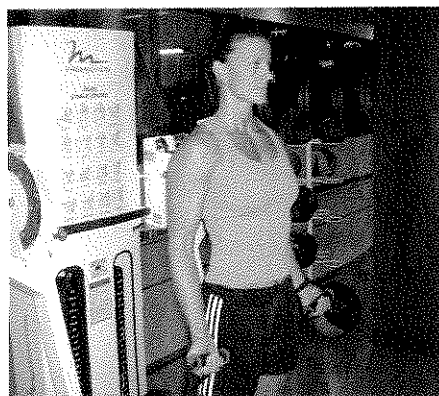


Standing one arm push press: Using wooden pole or similar instrument, stand with feet together and push arm near the weight source straight out. Improves trunk stability.

SHOULDERS/ARMS: DELTOIDS, BICEPS



Rear deltoid/horizontal shoulder abduction: Stand with feet shoulder width apart, trunk tight, arms slightly bent, palms down. With a cross grip, pull arms backward, keeping them parallel to ground.



Standing arm curl: Using a cable machine, stand facing forward, palms up. Start at bottom of movement with a slight bend in elbow. Flex arms through the full range of motion.

Bob Talanini, a trainer at the Houstonian Club, graduated from Texas A&M University with a degree in exercise science. He is certified by the ACSM and is a member of NSCA and IDEA. He specializes in outdoor adventure training. To contact Bob, email at bgtalmo@aol.com or call 281-279-5144.