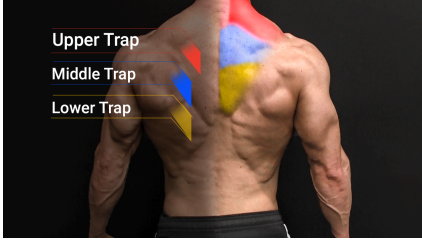
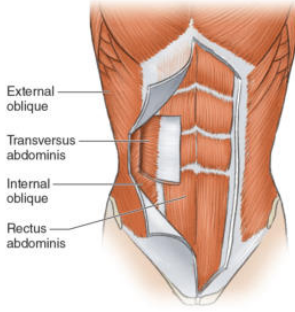
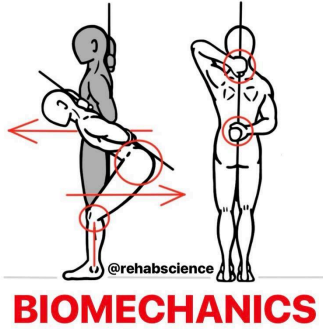


INCREASING YOUR PADDLING PERFORMANCE

WHAT	WHY	HOW	WHEN
<input type="checkbox"/> Lower Trap Exercise	This will help to set your shoulder blades into your back to create space between your shoulder and eeea	Set your shoulder blades down into your back pocket, into your spine. Hold briefly, then release.  Athleanx	Throughout your day be mindful of setting your shoulder blades. 1 set, 2-3 sec.
<input type="checkbox"/> Plank	This engages the core	Set your shoulder blades and abs. Breathe fully for 5 breaths	Daily prior to training, hold 30+ sec.
<input type="checkbox"/> Side Plank	To engage the sides of body connecting shoulder and hip - obliques, outer glute	 FIGURE 1.1 The eight-pack of the rectus abdominis. Source: Canada Human Kinetics	1 time for holding 20+ seconds or up and down lifting for 10-20.
<input type="checkbox"/> Bridges	Glutes are the powerhouse of the body and will support your whole structure	Lie on your back, upper body relaxed, hands by sides. Contract glutes then lift for 3-5 breaths. Hold for minutes	Daily 1-2 sets

<input type="checkbox"/> Hip Hinging	To support your body folding at your hips instead of your low back to create better leveraging connected to the canoe	<p style="text-align: center;">HIP HINGE</p>  <p style="text-align: center;">BIOMECHANICS</p>	1-2 sets x 8-10 reps
<input type="checkbox"/> Paloff Press	Engage your core, enhance your core stabilizers, shoulder blades set	Use a band or cable. This exercise is all about stability, holding your position	Everyother day 2 X 10 reps
<input type="checkbox"/>			
<input type="checkbox"/>			