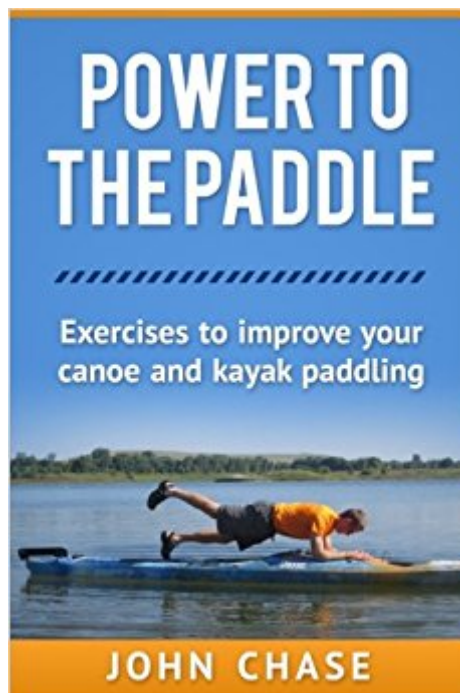




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# Power To The Paddle: : Exercises To Improve Your Canoe And Kayak Paddling



## Synopsis

This comprehensive manual will show you more than 50 exercises to help you be a stronger, lighter, and more confident paddler. Whether you are new to the sport or a seasoned veteran, Power to the Paddle will take you to the next level.

- Learn exercises to develop core stability and strength
- Develop a personal fitness program
- Maintain better posture in your boat
- Gain endurance to handle long days in the boat
- Reduce tension in your shoulders and low back
- Protect your body against common paddling injuries
- Improve your balance and agility

Praise for Power to the Paddle: With a minimum of equipment, Power to the Paddle provides a total body workout with clear and concise instructions on how to develop the flexibility, strength and endurance for paddlers.

- John Browning-ACA Level 4 Open Water Coastal Kayak Instructor Trainer

As a popular speaker at Canoecopia, John always packs the room with folks wanting to learn more about how to get and stay fit for their next on-water adventure. This book is sure to be a great help to paddlers of any experience level.

- Nancy Saulsbury, Rutabaga Paddlesports

The best way to get in shape for paddling is to paddle". Reality, or an excuse to neglect off-water training? In "Power to Paddle: Exercises to Improve your Canoe and Kayak Paddling" John presents a solid case for off-water training for everyone from the casual paddler to professionals. Not only is the case convincing, but John gives you the tools to improve your fitness for paddling and overall fitness. Solid step-by-step exercises will help develop flexibility, endurance and strength. I will be taking this book with me to the gym and in my kayak on expeditions.

- Ryan Rushton, Owner, Geneva Kayak Center and ACA Level 5 Advanced Open Water Instructor Trainer

## Book Information

Paperback: 140 pages

Publisher: CreateSpace Independent Publishing Platform; First edition (March 7, 2013)

Language: English

ISBN-10: 1494803194

ISBN-13: 978-1494803193

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 13 customer reviews

Best Sellers Rank: #599,501 in Books (See Top 100 in Books) #128 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking #1505 in Books > Sports & Outdoors > Water

## Customer Reviews

John Chase is a NASM Certified Personal Trainer and ACA certified kayak instructor. John has taught hundreds of personal training clients to use their bodies more efficiently and lead healthier, more productive lives. As a paddling instructor, John has been commended for leading safe, fun, and effective programs.

First, this book won't teach you how to paddle a kayak, although it does explain forward stroke technique. If you're new to paddling, taking a lesson with a certified/qualified instructor will reap far more benefits than reading a book. What the book does teach is how to condition and maintain the engine propelling the kayak: YOU. I had been doing upper body strength training using exercises found on the Internet, as well as getting on the treadmill every day to improve cardio. But I was missing out on flexibility, mobility and core training. These are all covered in the book in detail. There's a great section on building a personal strength training program using the exercises presented in the book. I had never paid attention to sets and reps or how they can be used for maintaining endurance or building strength. "Power to the Paddle" explains that quite nicely. I purchased the book August 7, created a personal program using the book as my guide, and have followed it. Not only have I become a stronger paddler, but the exercises have paid off in other respects. An example: I had five cord of wood delivered, which needed to be moved and stacked. Not only did I get the job done in one day, but I wasn't even tired at the end of the day and had no sore muscles the next morning. Last year that chore took two days plus a couple of ibuprofen. The most awesome part of the book for me personally was the section on self-myofascial release. It was a rare paddling trip when I did not develop calf cramps at some point. A very challenging and painful experience when you're in a sit-in kayak. The Kindle version of "Power to the Paddler" has a direct link to a video which shows how to use a foam roller. I purchased a roller and started using it daily. Eureka! It works and I've not had a leg cramp since. Thank you, John Chase! I happily recommend this book not only for paddlers, but for anyone who wants to be stronger and more balanced in any activity.

A great one of a kind reference tool to accompany any paddler who wants to improve their paddling experience through improved strength and flexibility! Easy to follow instruction from a knowledgeable and experienced fitness trainer and fellow paddler! I highly recommend this e-book

to any paddler who is ready to take that extra step to avoid injury and prolong their paddling days on the water for years to come! I will refer back to it again and again and incorporate these functional exercises into my daily routine to ensure I remain a strong paddler! Great job Mr. Chase! Kudos to you for addressing this often ignored, but extremely important, side of paddling.

It was nothing but a boring exercise book nothing unique to paddlers

This book gives a streamlined, no frills, program of paddling exercises. I especially liked the idea of not needing anything more than a resistance band and a balance ball! I am happy I found this book.

great help for staying in shape

This is a great book for Kayakers .I got it this winter and it helps keep my body in shape for Paddling .

I am 67 and this book has helped to fit exercise into my busy travel schedule. I am going to introduce it to my BoyScout troop.

Great way to get ready for the paddling season! John has the river cred. Thank you for a well written guide.

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