



## Power to the Paddle: : Exercises to Improve Your Canoe and Kayak Paddling

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By John Chase

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 140 pages. Dimensions: 9.0in. x 6.3in. x 0.6in. 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 Canoecon, 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...



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