





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

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 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...



READ ONLINE [1.36 MB]

Reviews

This ebook is definitely worth getting. Yes, it is play, still an interesting and amazing literature. I am delighted to inform you that here is the finest book i have go through in my own daily life and may be he finest pdf for possibly.

-- Dr. Catherine Hickle

This pdf is definitely worth getting. I have got read and i am sure that i will going to read once more yet again in the future. I discovered this pdf from my dad and i encouraged this book to find out.

-- Korbin Bruen

Related eBooks



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators need to implement early childhood inclusion through...



Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised

Book Condition: Brand New. Book Condition: Brand New.



Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...