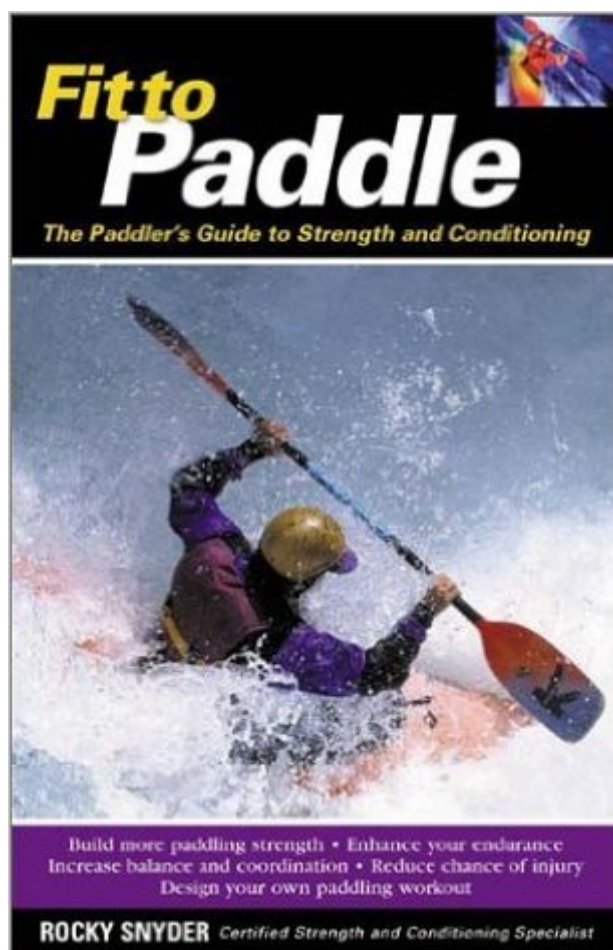


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# Fit To Paddle : The Paddler's Guide To Strength And Conditioning



## Synopsis

The only book of its kind, Fit to Paddle is a complete fitness and conditioning guide for paddling enthusiasts. Extremely well-illustrated with 60 high-quality photographs, it clearly describes, step-by-step, workouts that kayakers and canoeists can perform in the home, gym, or on the water. An indispensable resource for competitive paddlers, it offers surefire techniques for quickly building flexibility, endurance, strength and stability, while offering helpful hints on nutrition and overall outdoor fitness. The only sport-specific conditioning guide for the millions of paddling enthusiasts worldwide Features a preface by world open canoe champ Eli Helbertand a foreword by champion surf kayaker Dave Johnston

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #392,178 in Books (See Top 100 in Books) #15 inÂ Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking #15 inÂ Books > Sports & Outdoors > Outdoor Recreation > Rafting #650 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

I am an avid sea kayaker and got this book after I injured my neck to help develop a rehabilitation program designed to gradually get me back to paddling long distances. Ideally, this book should be used to prevent injuries, especially those caused by overexertion. FIT TO PADDLE provides a sports specific conditioning program which will keep all types of paddlers in top paddling form. The book also includes sample home workout programs and a chart of the muscular system.I highly suggest this book for all paddlers who are looking to build strength, flexibility and endurance, increase balance and coordination and help prevent overexertion injuries. The step by step instructions for the exercises are easy to follow and include photos. The exercises can be performed at home, at the gym or on the water.This is a great resource for all recreational and/or

competitive paddlers.

Excellent book for the paddler that wants to take their training to the next level. Some of the information is common sense, but the majority of the content is very useful. Especially the stretching and flexibility poses specifically for kayaking. There is also an really good section about how to increase your endurance through training exercises on the water. If you kayak almost everyday or two to three times a week, then this book will help some. On the other hand, if you paddle only once a week or less, then this book is definitely for you. Conditioning and keeping your fitness level up for kayaking is half the battle, and that is what this book is all about.

this is a good book for paddlers both canoe and kayak and i use and loan it all the time. in fact it is loaned out now and i have to get it back. at \$140 a copy (for a 100 page black and white book with exercise descriptions and pictures) it belongs in a vault.i find the price(s) new and used to be uniformly curious. obviously some consistent thought has played a role here.

Great book for people wishing to build recreational paddling fitness & strength without resorting to an expensive trainer - variety of home & gym based exercise programmes explained in detail with photos.

I am considering taking up kayaking. Since I don't do a lot of physical activity, I want to spend the winter months getting in shape so I don't hurt myself and am able to spend some time on the water when summer arrives. I have only had the book for a short time and have started doing the exerises. By the way I feel after, they work very well.

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