

Power to the Paddle
Sample Training Outlines

Movement	Sample Exercise	Sets	Reps
Push (forward)	Chest press	2	15
Push (overhead)	Shoulder press	2	15
Pull (from front)	Row	2	15
Pull (from floor)	Upright row	2	15
Pull (from above)	Seated pulldown	2	15
Bend	Side bends	2	15
Rotate	Core rotation	2	15
Squat or lunge	Squat	2	15

Goal	Endurance	Strength
Sets	2-3	3-6
Reps	12-15	8-12
Weight	Lower	Higher

Movement	Sample Exercise	Sets	Reps
Push (forward)	Chest press	3-6	8-12
Push (overhead)	Shoulder press	3-6	8-12
Pull (from front)	Row	3-6	8-12
Pull (from floor)	Upright row	3-6	8-12
Pull (from above)	Seated pulldown	3-6	8-12
Bend	Side bends	3-6	8-12
Rotate	Core rotation	3-6	8-12
Squat or lunge	Squat	3-6	8-12