



PaddlingExercises.com

# POWER TO THE PADDLE

## Exercises to Improve your Canoe and Kayak Paddling STATIC STRETCHES



HEAD TURNS



WRIST FLEXION/EXTENSION



SHOULDER STRETCH



CHEST STRETCH



HIP FLEXOR



CAT AND COW



GLUTE



**POWER TO THE PADDLE**  
Exercises to Improve your  
Canoe and Kayak Paddling  
Book and Companion DVD  
available at  
[www.paddlingexercises.com](http://www.paddlingexercises.com)

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