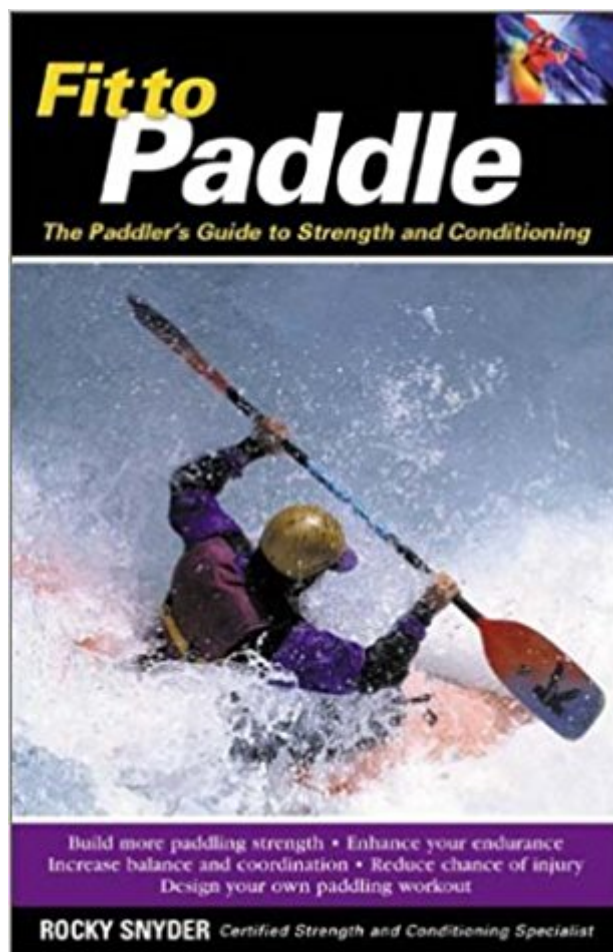


The book was found

# 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 Helbert and a foreword by champion surf kayaker Dave Johnston

## Book Information

Paperback: 160 pages

Publisher: International Marine/Ragged Mountain Press; 1 edition (June 23, 2003)

Language: English

ISBN-10: 0071419527

ISBN-13: 978-0071419529

Product Dimensions: 5.4 x 0.5 x 8.4 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.3 out of 5 stars 10 customer reviews

Best Sellers Rank: #987,149 in Books (See Top 100 in Books) #34 in Books > Sports & Outdoors > Outdoor Recreation > Rafting #49 in Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking #1320 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

Improve your paddling strength, flexibility, balance, and stamina The physical demands of paddling are different from those of any other sport. *Fit to Paddle* provides veterans and novices alike with a comprehensive, sport-specific conditioning program designed to keep you in top paddling form--regardless of gender, age, or fitness level. Even if you can't get out on the water as often as you'd like, this indispensable resource for both weekend warriors and serious competitive paddlers offers surefire techniques for maximizing flexibility, building muscular strength and stability, and increasing endurance. *Fit to Paddle* features easy-to-follow, step-by-step workouts that canoeists and kayakers can perform at home, in the gym, or on the water. Get yourself *Fit to Paddle* with: Flexibility training Endurance training Strength training Medicine ball and stability ball training

## Detailed sample workout programs

Rocky Snyder is a certified strength and conditioning specialist and a certified personal trainer. He has been a professional fitness trainer for over ten years and an avid kayaker, canoeist, rafter, and surfer for over twenty years. He is also the author of *Fit to Surf: The Surfer's Guide to Strength and Conditioning*.

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.

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.

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.

Excellent

very helpful

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. Received as described. will buy next time. An absolutely great product! I was able to thin cut a baguette that usually I struggle with. Perfectly smooth cutting! i have bought one before,

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.

[Download to continue reading...](#)

Fit to Paddle : The Paddler's Guide to Strength and Conditioning  
Fit to Ski & Snowboard: The Skier's and Boarder's Guide to Strength and Conditioning  
Fit to Surf : The Surfer's Guide to Strength and Conditioning  
Get Fit Now for High School Basketball: Strength and Conditioning for Ultimate Performance on the Court  
How to Paddle a Kayak: The 90 Minute Guide to Master Kayaking and Learn to Paddle Like a Pro  
The Ultimate Stand Up Paddle Guide - Book 1: The Basics (Stand Up Paddle Guides)  
Modern Refrigeration and Air Conditioning (Modern Refridgeration and Air Conditioning)  
Heating, Ventilation, and Air Conditioning: A Residential and Light Commercial Text & Lab Book (Heating, Ventilating & Air Conditioning)  
Metabolic Conditioning: Rapid Fat Loss and Enhanced Athletic Performance Using Metabolic Training Techniques (Metabolic Conditioning and Rapid Weight Loss Book 1)  
Complete Conditioning for Rugby (Complete Conditioning for Sports Series)  
Complete Conditioning for Volleyball (Complete Conditioning for Sports Series)  
Complete Conditioning for Swimming (Complete Conditioning for Sports Series)  
Complete Conditioning for Hockey (Complete Conditioning for Sports Series)  
Complete Conditioning for Soccer (Complete Conditioning for Sports)  
Complete Conditioning for Tennis (Complete Conditioning for Sports Series)  
CSCS Study Guide 2017-2018: Test Prep Book and Practice Test Questions for the Certified Strength and Conditioning Specialist Exam  
NSCA's Guide to Program Design (Science of Strength and Conditioning)  
CSCS Study Guide: Exam Prep & Practice Exam Questions for the NSCA Certified Strength & Conditioning Specialist Test  
Fearlessly Fit at Home: Your Personal Guide to Getting Fit  
Get Fit Now For High School Basketball: The

Contact Us

DMCA

Privacy

FAQ & Help