

# Paddle Pusher

JUMP (SQUAT-AND-CRUNCH) START YOUR WORK-OUT: CROSS-TRAIN WITH STAND-UP PADDLING

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## Forearm Plank

Targets: core, butt

From a push-up position lower yourself down onto your forearms with your elbows directly under your shoulders. Make a fist with your palms facing in and hold this static position for up to one minute. Make sure your shoulders, hips, knees and ankles remain in alignment and keep your neck in a neutral position. No sagging or lifting of that booty! If your low back begins to strain stop the exercise immediately.



## Squat

Targets: butt, thighs

Hold your paddle horizontally out in front of you. Move your hips back as though you are going to sit down into a chair. Keep back flat, chest up and forward, and keep most of your weight distributed from the mid-foot to your heels. Make sure your knees track out over your second toe. When your upper legs are parallel with the board, hold for three to five seconds before returning to a standing position. Repeat slowly for up to 20 reps. Feel the burn!



## Adominal Crunch

Targets: abs

Lay on your back with your knees bent. Place your hands behind your neck for support and tuck your chin into your chest. Exhale and lift your shoulder blades off the board, rotating your torso so that your right elbow points to your left knee and then return to starting position. Alternate sides slowly and do not pull on your neck with your hands as you lift. Be sure to use your abdominal muscles to execute the movement. Repeat as many times as possible.



## Pushup

Targets: chest, triceps

Get into a push-up position with your hands placed directly underneath your shoulders. Your shoulders, hips, knees and ankles should be in a line and held in that position throughout the movement. (Beginners may choose to drop down to their knees for this exercise, still keeping the shoulders, hips and knees in alignment). Lower yourself to the deck of the board by bending your elbows, and exhale as you push yourself back to starting position. (If you are not yet strong enough to do a full push-up only go halfway down.) Repeat until you cannot do any more!

A great sport for virtually anyone—particularly given our riverside locale—stand up paddling (SUP) is a fun way to get in shape without even realizing you're working out. As a personal trainer and owner of a fitness training business in Hawaii, I immediately saw the benefits of SUP both as a calorie burner and full-body workout. I then developed my SUP fitness boot camps, a cutting-edge workout program integrating stand up paddling.

Please note that these exercises are designed for competent stand up paddlers. Before attempting them on the water, be sure to master proper form and technique on land. I recommend a 10-minute warm up before beginning this or any workout. You can incorporate these exercises between intervals or sprints, on your paddleboard.

