



# 15 Day Paddling Training

# Exercise No.1

1. Cobra pose
2. Stretch your back, rollback shoulders with firm glutes



3 x 30 seconds

Day 1

Day 2

Day 3

# Exercise No.2

1. Hyperextension, head, and legs above ground as much as you can
2. Straight arm pointing backward



3 x 45 seconds

Day 4   Day 5   Day 6

# Exercise No.3

1. Straight arm pointing forward



3 x 60 seconds

Day 7 Day 8 Day 9

# Exercise No.4

1. Place a book below your chest
2. Bent elbows kept as high as possible
3. Put palms near your ears



3 x 90 seconds

Day 10 Day 11 Day 12



# Exercise No.5

1. Place a book below your chest
2. Paddle with your arms



3 x 60 seconds

Day 13 Day 14 Day 15

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