

Core Exercises for CanoeKayak

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Basic Principles

- Reps and Sets: Begin with 2 sets of 10 for most exercises and progress the sets and reps to match the desired intensity of your workout.
- Keep your core solid and stay connected between rib cage and hips/pelvis. Move your hips off of a stable trunk.
- These exercises are designed to strengthen your core while limiting stress forces in the lumbar spine.
- During fall and winter you should try to build the foundation for spring and summer paddling. In the early part of our season you should try to do the program 4-5 X / week.

Bird Dog

- From the 4 point position, maintain a stable spine and move your arm and opposite leg to bird dog position. Then perform matching motion patterns with your hand and foot. As an example: trace a square shaped pattern



Bridging on Ball and Leg Circles

Advanced ball bridge: Lift into bridge and then trace circles with one leg at a time. Ensure that spine stays stable and keep butt (gluteal) muscles remain contracted. Try 5 circles with each leg. Repeat 2-3 times.



Side Plank (Hold)

- Hold side plank position for 10-15 seconds on each side. Remember that your top foot is placed on floor in front of the bottom foot. Maintain a straight spine. Begin with 3 sets.



Rolling Plank

- Begin from side plank, roll into the front plank and then roll to opposite side plank. Lock the rib cage to your pelvis.. Be disciplined so that the pelvis and the rib cage move as a unit. **STAY CONNECTED** and turn through your hips.



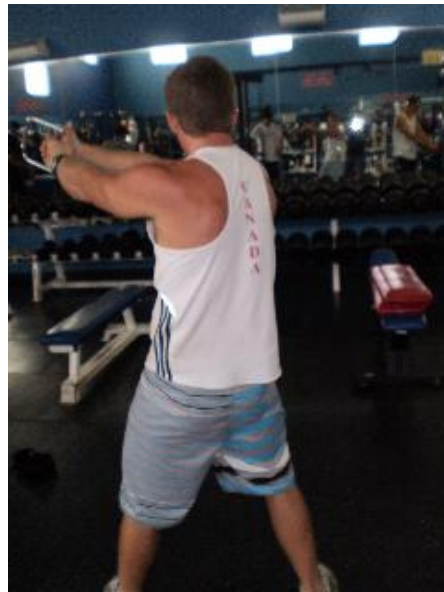
Walkout Front Plank

- Start from a push up position and walk out carefully with hands. KEEP SPINE straight and stay strong through core. Then walk your hands back to starting position. Start with trying 3 sets of 5 reps. If this aggravates your shoulders, don't do it!



Pulleys Wood Chop Down

- Use theraband or pulleys. Move diagonally in a downwards ‘chopping’ movement. It’s important to keep your spine and pelvis locked, or connected. **TURN THROUGH YOUR HIPS.** Pivot on the balls of your feet if necessary. Begin with 3 sets of 10 reps each side.



Pulleys Wood Chop Up

- Use theraband or pulleys. Move diagonally in an upwards ‘chopping’ movement. It’s important to keep your spine and pelvis locked, or connected. **TURN THROUGH YOUR HIPS.** Pivot on the balls of your feet if necessary. Begin with 3 sets of 10 reps each side.



Stir the Pot

- Move into plank position with your elbows on the ball and then move your elbows in a “pot stirring” motion. Begin with 3 sets of 5 stirs. As you become stronger, increase the size of the pot stirring motion.



Ball Sit Up

- Do not curl your spine excessively. Think about lifting your chest upward. Begin with 3 sets of 10 reps.



Hip Airplane (Gluteal Exercise)

- Stand on one leg. Lean forward and lift your “airplane wings” to your side. Your leg in the air will move backwards to maintain a straight line from your head to your foot. Lock your rib cage to your pelvis. From this position, rotate the hip in the air downwards (hip internal rotation) and then upwards (hip external rotation). Begin with 3 sets of 10 reps.

