

outdoorplay
boating starts here!

customer service ::

800.994.4327

whitewater
kayaktouring
kayakrecreational
kayakwhitewater
raftrecreational
canoe

Manufacturer

Category

Services

STRETCHES FOR PADDLERS

Sitting in the kayak for long periods of time is often a struggle with the pain to pleasure ratio, especially with the newer, smaller playboats. You will find it much easier to endure long paddling sessions if your muscles are loose and flexible.

Flexibility is an essential part of paddling conditioning, though few people actually take the time to stretch before heading out. Rarely do you see kayakers spread out at the put in touching their toes and reaching for the sky. However, the best kayakers realize the benefits of flexibility in performance and they never leave the shore without loosening up. Flexibility is as necessary for freestyle paddlers who need to be loose to perform a variety of moves as it is for sea kayakers who paddle non stop on long crossings. Plus, torso flexibility will allow you to rotate further for stronger power strokes.

Stretch both before and after your paddle. Stretching prior to vigorous activity loosens the muscles and gets them ready to perform. Do not stretch cold muscles. It is a good idea to "warm up" the muscles with some light movement or cardiovascular work first. Post activity stretching will help lessen cramping and soreness.

Arm and Chest Stretches Interlace fingers above the head with palms facing up. Reach upward. You will feel the stretch in the arms, shoulders, and upper back. Push back with the hands for a deeper stretch.



Hold a paddle with straight arms. Arms shoulder width or more apart. Move your arms up and over your head and behind the back. Do not force the stretch.

Extend an arm across the chest, keeping the arm straight and reaching out fully. Press the arm against the chest to feel the stretch in the shoulder. Hold the arm above the elbow and press gently into the chest.

This stretch works the sides for better torso rotation. Raise the arms overhead, bend one arm, and hold the elbow of that arm with the other hand. Gently pull the elbow behind the head and bend to the side. Try to keep your hips level as you bend. You will feel the stretch along the side, up through the shoulder.

Torso, Lower Back and Leg Stretch Sit with one leg straight. Bend the other leg and cross it over the straight leg with the foot resting outside the straight knee. Rotate the upper body away from the bent knee, supporting the body with one arm and leaning the other against the bent knee. Push against the bent knee to stretch the side and back farther. Look in the direction you are twisting. Untwist yourself slowly and repeat on the other side.

Lower Back, Hips and Legs Stretches Lie flat on the back with the legs outstretched. Lift one knee, grasp it with both hands and pull toward the chest. Keep the head on the ground. You should feel the stretch in the butt and lower back. Switch legs and

repeat stretch three times.

Lie flat on the back with the arms outstretched. Lift one leg to a vertical position. Keep the leg straight to feel a greater stretch in the hamstring. Alternate legs so that both legs are stretched three times.



Lie flat on the ground. Lift one knee, grasp it with both hands and pull it toward the opposite shoulder (across the body). You will feel the stretch in the lower back and butt. Repeat on other side.

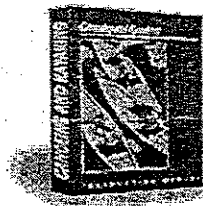


Lie on your back with knees bent. Keep the lower back and shoulders on the floor. Lift one leg over the other leg. Let the top leg pull the bottom leg toward the floor until lower back and side of the hip feel the stretch. Unwind slowly and repeat on other side.

Sit with one leg bent and that foot near the knee of the other leg. Keep the second foot near the body. Slowly lean back until you feel the stretch in your quadriceps. Use the arms for support. Change your position and repeat stretch

on other side.

Hold all stretches for at least 15 - 30 seconds.



For more information on this subject and other related stories take a look at American Canoe Association (ACA) Instructional Manual.

Every member of the ACA receives a **FREE** book as well as **15% discount** off all accessories at the Outdoorplay.com Store.

Join the ACA Today!

[home](#) | [cart](#) | [customer service](#) | 800.994.4327

