
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

What exercises can get me ready for kayaking?

Question: *Every spring I get into my kayak without any kind of preconditioning and believe that I am going to be able to paddle like I did in the fall -- yet I'm always beat for the first seven or eight times I go out! What exercises can I do right now to get myself ready for kayak season?*

Answer: You are SO in luck -- I just got a new kayak and have already begun a workout program to get my upper body and core muscles ready! March is the ideal time to start strengthening your core, and train yourself to use your core with torso rotation to paddle your boat -- you'll go faster, farther and with fewer injuries, according to the experts. Check out these two exercises to get you started:

TORSO TWISTS: Holding a weight with both hands, sit on the floor with your knees bent and feet flat on the floor. Tip back about 45 degrees, engaging your abs, and twist your upper body from side to side using the weight; to make it more challenging, lift your feet off the floor while twisting.

LAT ROWS: Using a dumbbell in each hand, lean forward from the hips with the weights held below your shoulders from straight arms; slowly lift the dumbbells toward chest, keeping arms close to the body and squeezing shoulder blades at the top of the motion. Slowly lower and repeat.

Everyone has deep reserves of strength and stamina within their core. The key is bringing that strength to the surface!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
