Types of Exercises and Means of Conditioning for Paddlers

### Fundamental Movement Skills

**Mobility:**
- Stretching exercises
- Mobility exercises

**Posture:**
- Postural exercises
- Breathing exercises

**Fundamental moves:**
- Squat
- Push-ups (horizontal, vertical variations)
- Rotations (thoracic, low back, hip variations)
- Lifting

**Prevention exercises:**
- Individual needs
- Compensatory exercises
- Preventing typical injuries (groin, shoulders, rotator cuff, max specific)

### Assistive exercises

**Core stabilization exercises:**
- Maximal strength
- Specific strength

**Fundamental movement skills:**
- General strength
- Core strength
- Power

A solution of exercises from categories:

**Core strength exercises:**
- Bench press
- Bench pull
- Squat
- Split
- Clean and jerk
- Clean and jerk

**General strength exercises:**
- Bench press
- Bench pull
- Squat
- Split
- Deadlift
- Deadlift

**Specific strength exercises:**
- Bench press
- Bench pull
- Squat
- Split
- Deadlift
- Deadlift

### General exercises

**SNATCH:**
- Snatch
- Snatch

**OLYMPIC LIFTS:**
- Snatch
- Snatch

**HANG:**
- Snatch
- Snatch

**CLEAN:**
- Snatch
- Snatch

**JERK:**
- Snatch
- Snatch

**SUMMARY:**

- Strength
- Power
- Endurance

Notes about the table:

- From left to right the complexity of the movements increases. On the far left the exercises are the most basic and fundamental ones. Totally on the right the specific exercises turn into special strength exercises – the only ones executed in the boat.
- As the athlete evolves the emphasis from the left side exercises turns more and more to the exercises on the right side (the higher the level the more specific work an athlete needs).
- But anywhere in their career athletes need to take care of the whole span of the exercises (abilities). Even evolved athletes must take care of their posture, mobility and prevention exercises. In turn also intermediate athletes need to use some of the specific and special strength exercises to make sure the transfer from land conditioning to improved performance on water does happen.

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1. Work capacity is well described in this blog by Gray Cook: [http://graycook.com/?p=2214](http://graycook.com/?p=2214)
2. By Single arm machine we mean such a setup or simpler: [http://www.kayakpro.com/launchforce/img/kayak-more-1.jpg](http://www.kayakpro.com/launchforce/img/kayak-more-1.jpg)
3. A collection of exercises and methods to be used on the Single Arm Machine by coach Alexander Nikonorov: [https://www.youtube.com/watch?v=kK_wbknkO](https://www.youtube.com/watch?v=kK_wbknkO)
4. A simple guide to ergometer training: [https://www.youtube.com/watch?v=R2lRmgQP-o](https://www.youtube.com/watch?v=R2lRmgQP-o)