

**KAYAKING  
STRENGTH TRAINING WORKOUT**

WARM-UP									
EXERCISE (CIRCUIT)	PHASE 1			PHASE 2			PHASE 3		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
JOG IN PLACE	1	:30	BW	1	:30	BW	1	:30	BW
JUMPING JACKS		:30			:30			:30	
JOG IN PLACE	1	:30	BW	1	:30	BW	1	:30	BW
SPEED SQUATS		:30			:30			:30	
JOG IN PLACE	1	:30	BW	1	:30	BW	1	:30	BW
BERPIES		:30			:30			:30	
JOG IN PLACE	1	:30	BW	1	:30	BW	1	:30	BW
MOUNTAIN CLIMBERS		:30			:30			:30	
JOG IN PLACE	1	:30	BW	1	:30	BW	1	:30	BW
PUSH-UPS		:30			:30			:30	
30 SECOND RECOVERY									
LOWER BODY									
EXERCISES	PHASE 1			PHASE 2			PHASE 3		
	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS/TIME	WEIGHT
WEIGHTED SQUAT	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED GOBLET/FRONT SQUAT	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED LUNGE	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED SIDE LUNGE	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED REAR LUNGE	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED STR LEG DEADLIFT	1	12 - 20		1	8 - 12		1	5 - 8	
30 SECOND RECOVERY									
UPPER BODY									
EXERCISE (CIRCUIT)	PHASE 1			PHASE 2			PHASE 3		
	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS/TIME	WEIGHT
Athletes Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
WEIGHTED BENCH PRESS	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED ONE-ARM ROW	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED PRONE "Y"	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED PRONE "T"	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED BICEP CURL	1	12 - 20		1	8 - 12		1	5 - 8	
WEIGHTED TRICEP KICKBACK	1	12 - 20		1	8 - 12		1	5 - 8	
30 SECOND RECOVERY									
CORE									
EXERCISE (CIRCUIT)	PHASE 1			PHASE 2			PHASE 3		
	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT	SETS	REPS/TIME	WEIGHT
Athletes Should Do Each Exercise Once Before Doing 2nd or 3rd Sets									
FRONT PLANK	1	:30 - :60	BW	1	:30 - :60	BW	1	:30 - :60	BW
RIGHT PLANK	1	:30 - :60	BW	1	:30 - :60	BW	1	:30 - :60	BW
LEFT PLANK	1	:30 - :60	BW	1	:30 - :60	BW	1	:30 - :60	BW
SUPERMAN	1	:30 - :60	BW	1	:30 - :60	BW	1	:30 - :60	BW
AB CRUNCH	1	20 - 40	BW	1	20 - 40	BW	1	20 - 40	BW
AB REACH	1	20 - 40	BW	1	20 - 40	BW	1	20 - 40	BW
RUSSIAN TWIST	1	:30 - :60	BW	1	:30 - :60	BW	1	:30 - :60	BW
PRONE BIRD DOG	1	20 - 40	BW	1	20 - 40	BW	1	20 - 40	BW