

**KAYAKING
STRENGTH TRAINING WORKOUT
PHASE 1**

EXERCISES	SETS	REPS/TIME	DATE	DATE	DATE	DATE	DATE	DATE	DATE
JOG IN PLACE JUMPING JACKS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE SPEED SQUATS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE BERPIES	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE MOUNTAIN CLIMBERS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
JOG IN PLACE PUSH-UPS	1	:30 :30	BW	BW	BW	BW	BW	BW	BW
DUMBBELL SQUAT	2	12 - 20							
WEIGHTED OVERHEAD SQUAT	2	12 - 20							
DUMBBELL BOX STEP-UP	2	12 - 20							
DUMBBELL STRAIGHT LEG DEADLIFT	2	12 - 20							
WEIGHTED BENCH PRESS	2	12 - 20							
WEIGHTED ONE-ARM ROW	2	12 - 20							
WEIGHTED PRONE "Y"	2	12 - 20							
WEIGHTED PRONE "T"	2	12 - 20							
WEIGHTED BICEP CURL	2	12 - 20							
WEIGHTED TRICEP KICKBACK	2	12 - 20							
FRONT PLANK	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
RIGHT PLANK	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
LEFT PLANK	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
SUPERMAN	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
AB CRUNCH	2	20 - 40	BW	BW	BW	BW	BW	BW	BW
AB REACH	2	20 - 40	BW	BW	BW	BW	BW	BW	BW
RUSSIAN TWIST	2	:30 - :60	BW	BW	BW	BW	BW	BW	BW
PRONE BIRD DOG	2	20 - 40	BW	BW	BW	BW	BW	BW	BW