STRETCHES

Program: Mary Ann “Gumby” Furda
Photos: Richard “Shutter” Blum
Manual: Albert “live long and paddle” Wang
Models: 2002 Clinic Instructors

© 2002 Bay Area Sea Kayakers
**Before the Paddle Gets Wet**

**Shoulder/Chest Opener**
Slide shaft as far as possible behind shoulders (note in the picture the right wrist is correctly in "neutral", the left is suboptimally bent)

**Shoulder Opener with Forward Bend #1**
To release/stretch neck and back (note straight-ish legs help to stretch back of legs as well)

**Shoulder Opener with Forward Bend #2**
Adding pigeon-toes helps to stretch out "boat butt"

**Shoulder Opener with Neck Stretch**
A slow roll of the head to side, forward, and to the other side helps to see those following seas
It’s All About Torso Rotation

Torso Rotation with Paddle, Forward Bending

Torse Rotation #1 with Paddle
Try to turn from the waist & lift up out of the pelvis

Torso Rotation in Boat
Finally! You can press down to the boat to help the spine lift & twist

Torso Rotation with Paddle, Forward Bending
Variations on the theme
Now Put Down That Paddle & Stretch

Let's Twist Again

With a Partner
Try to keep the front chest open for best twisting here

Triceps
Just in case those triceps tire

Another Forward Bend, for Legs & Glutes
Keeping ribs to thighs protects the low back from over-stretching
More For The Arms & Shoulders

Flexor Stretch
Palm side of arm/hand

Extensor (back of forearm) Stretch
For the left arm; great for sore arms after a windy day

Extensor (back of forearm) Stretch
And now, easy, for the right arm

Open the Shoulders
Another way to open the shoulders a bit
A Few More With Friends

Front Body
He’s not heavy, but his front body’s gettin’ an easy & delicious stretch

Tug - O’-War
Paddles, legs, arms, shoulders & backs, all get stretchin’ together

“Y”, “M”, “C” or “A”?
This sweet side stretch is good for skiin’ as well

Prayer
We salute the paddler within YOU!
On the Boat

Reach Forward
Interlace fingers, palms flat to the sky reach up
Reach back, chest to sky
Release head back
Keep reaching back
Reach back, chest to sky
Squeeze butt to sky!
Be sure to lift up from the chest to get out of this stretch
Still In the Boat

- Reach across with shoulder down
- Pull arm toward you with other hand
- Reach arm up with shoulder down
- Lift elbow up with other hand
- Reach hand down along the shoulder blade
- Lift chest forward & up
- Squeeze shoulder blades together
- Squeeze bottle - Squeeze butt!