

KAYAK STRETCHES



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Photos: Richard "Shutter" Blum
Manual: Albert "live long and paddle" Wang
Models: 2002 Clinic Instructors



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 Neck Stretch

A slow roll of the head to side, forward, and to the other side helps to see those following seas



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"



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 with Paddle, Forward Bending
Variations on the theme



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



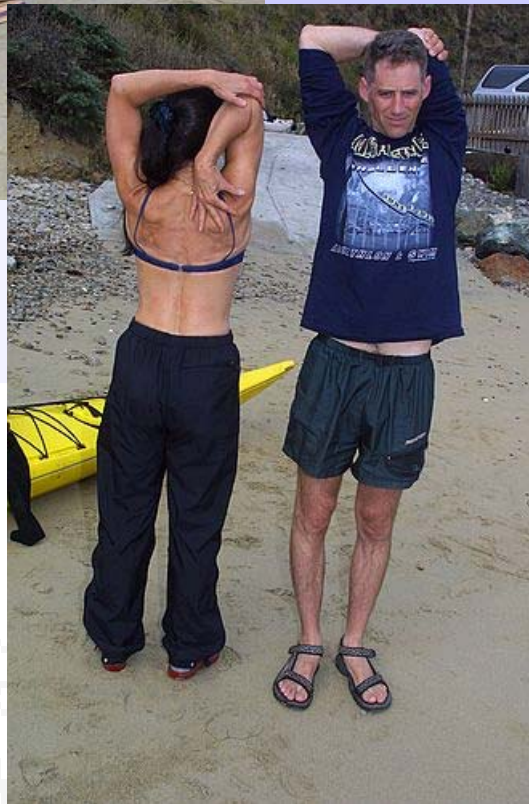
Now Put Down That Paddle & Stretch



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



Let's Twist Again



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



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



Flexor Stretch
Palm side of arm/hand



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



Interlace fingers, palms flat to the sky reeach up



Reeach Forward



Reeach back, chest to sky



Release head back
Keep reeaching back



Squeeze butt to sky!
Be sure to lift up from the chest to get out of this stretch



Still On the Boat



Squeeze bottle - Squeeze butt!



Reeach across with shoulder down
Pull arm toward you with other hand



Reeach arm up with shoulder down
Lift elbow up with other hand



Lift chest forward & up
Squeeze shoulder blades together



Reeach hand down
along the shoulder blade

