

Suggested Workout for Whitewater Kayaking or Whitewater Rafting

Generally, a well-rounded fitness routine consists of:

- **Daily (Monday-Sunday) Stretching Routine**
 - Click [HERE](#) for some yoga routines.
- **Daily (Monday-Sunday) Sleep Routine**
 - Click [HERE](#) to checkout Dr. Huberman's Toolkit for Sleep.
- **Daily (Monday-Sunday) Mindset Practice**
 - Click [HERE](#) for an example of a daily mindset routine.
- **Daily (Monday-Sunday) Balanced Nutrition**
 - Everyone's nutrition plan should be a little different, depending on dietary needs or preferences. The key is to get the proper nutrients to fuel your lifestyle and activities.
 - Click [HERE](#) for a general guideline for creating a Healthy Eating Plate.
- **3 Days (Monday, Wednesday, Friday) Strength Conditioning**
 - See Suggested Workout for Whitewater Kayaking or Whitewater Rafting
 - Eric Jackson's Dry Land Exercises & Nick Troutman's Core Exercises for 4 weeks (pages 2-3).
- **3 Days (Tuesday, Thursday, Saturday) Cardio Exercise**
 - Incorporate 20-30 minutes of cardio 2-3 times a week. That could be a running, brisk walking, biking, rowing, etc.
 - Click [HERE](#) for an example of a 30-day running routine.
- **One or more active recovery days (Sunday and as needed)**
 - That can include movement, like walking/jogging, strength and/or yoga, which helps give your body an appropriate level of rest and recovery, and helps you avoid DOMS while maintaining mobility.
 - Click [HERE](#) for an example of an active recovery routine.
- *The below workout plan is just a suggestion to set you up for success during your WBO program. Please check with your doctor or medical provider before starting any workout plan. When participating in any exercise, there is a possibility of physical injury. Choosing to engage in this program is at your own risk. Please research proper form prior to working out. If the activity seems too rigorous for you, take a break and/or reduce intensity by decreasing weights or modifying movements.*

Required Materials:

- Pull-up bar
- Weights (or modified weights)

If you don't have access to a set of dumbbells or barbell weights, you can modify these exercises, you can use these things:

- Milk jug with a handle filled with water or sand
- Canned goods that fit in your hands
- Plastic water bottles filled with sand or stones
- Packets of rice and beans
- Paint cans
- Books
- Ankle weights
- Exercise Bands
- Bags of apples or onions
- Large bottle of Laundry Detergent

Suggested Workout: Eric Jackson's Dry Land Exercises for Paddling & Nick Troutman's Core Exercises

Mondays, Wednesdays and Fridays for four weeks: Weight Training, Circuits, three repetitions, with little to no rest in between exercises. Aim for a high heart-rate, as well as strength.

Eric Jackson's Dry Land Exercises for Paddling

Warm-up with 5-12 pound dumbbells. All of these done back to back in one set.

1. 10 straight arms lifts to the side
2. 10 straight armed lifts to the front
3. 10 "Sword Draws"- or "PNFs" with each arm- (literally pretend to draw a sword with your weights)
4. 10 Overhead presses
5. 10 curls each arm
6. 10 shoulder shrugs each way (forward and back)
7. 10 stretches to the side each way.

Bench Press

1. 20-135 15 times
2. 24-155 12 times (second lap),
3. 30-185 6 times (third lap)

Chin ups

1. 10 behind the head, wide grip
 2. 10 front grip, shoulder width
 3. 10 reverse grip, narrow grip
- Repeat all three sets for 60 chins total, but after the circuits are done.
 - If you cannot do a chin-up, build up strength by holding the end position for 10 seconds and lowering to the start position for a count of 5 seconds. The next step up will be to use a band to assist you in getting a full motion in.

Dips

1. 20 each set, going at least 90 degrees on the elbows. (I'll add two more sets to this for a total of 100, and then add weight by spring)
- Curls: 10-35 pounds, 10 each arm, each set the same.
 - Overhead Press: I go straight to the overhead, not putting the weights down from the curls, which really gets the blood flowing. 10-35 pounds, 10 reps.

Nick Troutman's Core Exercises

- 10 different ab exercises, each one done ten times.

1. Straight crunches

- Lie on your back with your feet on the ground, and lightly grasp your hands behind your head. Crunch up slowly—this way you rely on your abs, not your hips. Slowly lower back down for 1 rep. Do 10 reps.

2. Side Crunches with legs to the right

3. Side Crunches with legs to the left

- Lie on your back with your knees draped to the right side, left resting on top of right. Hold your hands behind your head. Crunch up slowly, then lower back down for 1 rep. Do 10 reps, then repeat on the opposite side.

4. Butt Lifts: Lift legs overhead bent knees, focusing on lifting your butt off the ground (Upper abs)

- Lie on your back with your hands behind your head and your feet touching, knees splayed out wide. Keeping your feet together, engage your core and lift your legs over your head until your butt lifts into the air. Lower back down for 1 rep (no need to bring your feet all the way back to the ground). Do 10 reps.

5. Windshield Wipers: Swing your straight legs back and forth, but don't let them hit the ground.

- Lie on your back with your arms overhead, biceps by your ears, and legs outstretched. Keeping your lower back pressed into the ground, engage your core and raise your legs straight up until they form a 90-degree angle with your torso, directly over your hips. This is your starting position. Alternate lowering straight legs to the right and left side (that's 1 rep). Do 10 reps.

6. Put your legs straight into the air and reach up to touch your toes.

- Lie on your back with your arms overhead, biceps by your ears. Raise your legs so they create a 90-degree angle with your torso, stacked atop your hips. Engage your core and reach up to touch your toes. Hold for 1 second, then return to the start for 1 rep. Do 10 reps.

7. Lift your legs only from the ground to vertical up and down 10 times.

- Lie on your back with your arms overhead, biceps by your ears, and legs outstretched. Keeping your lower back pressed into the ground, engage your core and raise your legs straight up until they form a 90-degree angle with your torso, positioned directly over your hips. Slowly lower back down to start for 1 rep. Do 10 reps. (Looking for a little extra stability? Keep your arms by your sides, hands slightly tucked under your glutes.)

8. Lift your body up and bend your knees up balancing on your butt, 10 times.

- Lie on your back with your hands behind your head and your feet touching, knees splayed out wide. Keeping your feet together, engage your core and lift your legs over your head until your butt lifts into the air. Lower back down for 1 rep (no need to bring your feet all the way back to the ground). Do 10 reps.

9. Bicycle pumping. 40 times elbow touches knees, legs pump straight out.

- Lie on your back with your knees perpendicular to the ground. Bring your left elbow to your right knee for 1 rep. Repeat on the opposite side. Focus on tensing your core to execute the reach, not your neck. Do 50 alternating reps.