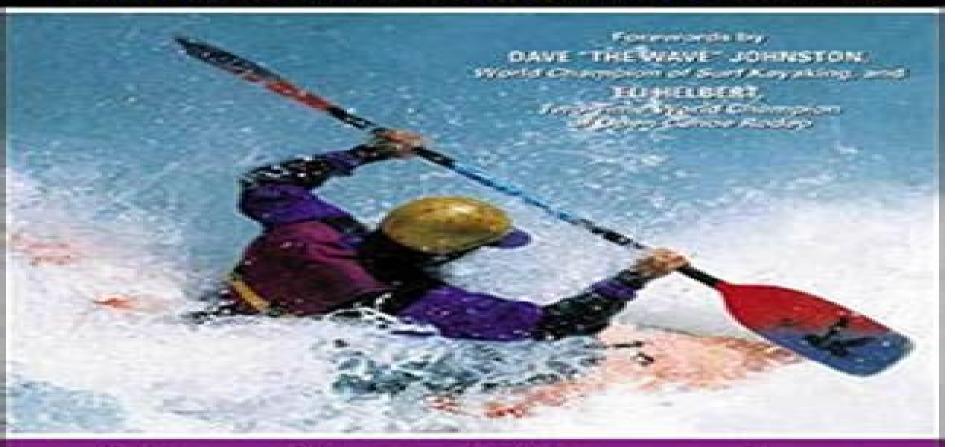
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The Paddler's Guide to Strength and Conditioning



- Build more paddling strength Enhance your endurance •
- Increase balance and coordination * Reduce chance of injury *
 Design your own paddling workout *

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Fit To Paddle

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