

Fit to **Paddle**

The Paddler's Guide to Strength and Conditioning

Forewords by
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World Champion of Surf Kayaking and
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- 
- Build more paddling strength • Enhance your endurance •
 - Increase balance and coordination • Reduce chance of injury •
 - Design your own paddling workout •

ROCKY SNYDER *Certified Strength and Conditioning Specialist*

Fit To Paddle

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