**SINGLE BLADE PADDLING ERGO**

**This can be used as a specific strength training tool to help improve the power applied to the paddling stroke at the Catch and through the Drive phase**

**It can be integrated into a regular land-based training session in place of a single arm dumbbell lift or cable pull. It can be used as a stand-alone exercise to develop isometric strength to reinforce a range of movement**

**It recruits a range of muscles through its unilateral movement that you cannot recruit through normal exercise off the water**

**TIPS**

**Don’t start too heavy**

* **Add the weight/resistance progressively**
* **Don’t jerk at the resistance with your back**

**Technique**

* **Set your hands on the shaft in your usual position (ie same distance apart as with your paddle blade**
* **Go through the same range of movement from Entry to Exit as on the water**

**Relax**

* **Do not hunch the shoulders**
* **Maintain your form by keeping your shoulders relaxed – especially at the end of the stroke**

**Strengthen the Catch**

* **To improve the power applied at the Catch, concentrate on the first 20cm of the stroke**

**Static Hold**

* **Hold for 15-30 seconds in various positions if the Catch and Drive**
* **Initially, conduct 3 reps of 15 seconds before lengthening the time and increasing the number of sets**