

STAND-UP PADDLEBOARDING (SUP) FULL-BODY TRAINING

GOAL: TOTAL BODY CONDITIONING

PHASE: MIXED

WARM-UP

EXERCISE	Sets	Duration	Coaching Tip
Foam Roll: Calves	1	30 s.	Alternate legs, hold tender spots for 30 seconds
Static Stretch: Lat Ball Stretch	1	30 s.	Alternate sides
Static Stretch: Kneeling Hip Flexor Stretch	1	30 s.	Alternate sides
Prisoner Squat	1	10 reps	
Foam roll and stretch the muscles that were identified as tight per your client's assessment.			
Cardio	1	5 min	

RESISTANCE

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Stability Ball Chest Press	2	8-12	Slow	30 s.	
BOSU Shoulder Press	2	8-12	Slow	30 s.	
Standing Cable Row	2	8-12	Slow	30 s.	
Ball Wall Squat	2	8-12	Slow	30 s.	
Single-leg Pulldown	2	8-12	Slow	30 s.	Alternate legs
Cable Squat	2	8-12	Slow	30 s.	
Single-leg Squat to Row	2	8-12	Slow	30 s.	Alternate legs
Mountain Climbers (optional)	2	20	Fast	30-60 s.	
Surfer Pop-Ups (optional)	2	20	Medium	30-60 s.	

Complete one set of each exercise in the order listed, rest 1-2 minutes, then repeat from start. Tempos and rest duration can be modified for individual client needs.

COOL-DOWN

EXERCISE	Sets	Duration	Coaching Tip
Cardio (optional)	1	5-10 min	
Perform same stretches as warm-up	1	30 s.	

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Camilla Rothe



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