

## 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.	

# Nasm Program Design Template

**Sivarama P. Dandamudi**

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## **Table of Contents Nasm Program Design Template**

1. Understanding the eBook Nasm Program Design Template
  - The Rise of Digital Reading Nasm Program Design Template
  - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Program Design Template
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nasm Program Design Template
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Program Design Template
  - Personalized Recommendations
  - Nasm Program Design Template User Reviews and Ratings
  - Nasm Program Design Template and Bestseller Lists
5. Accessing Nasm Program Design Template Free and Paid eBooks
  - Nasm Program Design Template Public Domain eBooks
  - Nasm Program Design Template eBook Subscription Services
  - Nasm Program Design Template Budget-Friendly Options

6. Navigating Nasm Program Design Template eBook Formats
  - ePUB, PDF, MOBI, and More
  - Nasm Program Design Template Compatibility with Devices
  - Nasm Program Design Template Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nasm Program Design Template
  - Highlighting and Note-Taking Nasm Program Design Template
  - Interactive Elements Nasm Program Design Template
8. Staying Engaged with Nasm Program Design Template
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nasm Program Design Template
9. Balancing eBooks and Physical Books Nasm Program Design Template
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nasm Program Design Template
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Nasm Program Design Template
  - Setting Reading Goals Nasm Program Design Template
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Nasm Program Design Template
  - Fact-Checking eBook Content of Nasm Program Design Template
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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