

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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Nasm Program Design Template Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Nasm Program Design Template**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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