
Great paddle boarding exercises

STORY BY MICHAELA SATTERFIELD

You can adapt your workout to the waves. All you'll need is your paddleboard for these simple exercises. Do as many reps as you can without breaking form.

Squats on the sea

Start with feet hip-width apart, then go into a deep squat. Keep thighs parallel to the board and elbows on knees, while holding the paddle at chest level with palms facing up. To finish, rise up and stand on toes.

Crunch with a twist

Lie on your back on the board, holding the paddle at thighs. Slowly sit up, while keeping abs engaged and bending knees. Then, twist torso to one side. Repeat the beginning steps and twist torso to the other side to complete one rep.

Paddle pulls

Stand sideways on the board, feet wide. Hold out the paddle with left hand on top and right hand two feet below. Keep the tip of the paddle in the water, blade perpendicular to body. Move the blade through the water by twisting torso to one side, then to the other for one rep.

Shoulder splashers

Get in the water and place hands at about the middle of the board, shoulder-width apart. Push down to slowly lift yourself out of the water until arms are straight, then lower body back into the water.

Superman on a paddleboard

Lie face-down on the board and stretch arms in front of you. Raise arms, chest and feet as high as you can, while bringing arms back until elbows are at a 90-degree angle. Hold for one second, then return to start. *LL*
