

Kayaker's Shoulder Strength Routine

Six shoulder, upper-back and core exercises for recreational paddlers

ANGLE OAR

Kayaking for every body

BEFORE YOU BEGIN Warm up 5-10 minutes. Use light resistance, move slowly and remain in a comfortable range.

2-3 nonconsecutive days per week



1. Band External Rotation

2 sets of 8-12 per side

Elbow at 90 degrees and tucked to your side. Rotate the forearm outward slowly; do not twist your torso.



2. Standing Band Row

2 sets of 8-12

Pull elbows back close to your ribs. Keep your neck relaxed and avoid shrugging.



3. Side-Lying External Rotation

2 sets of 8-12 per side

Keep the upper arm against the towel. Rotate only the forearm; begin with no weight or 1-3 lb.



4. Full-Can Raise

2 sets of 8-12

Thumbs up; raise in a wide V slightly forward of your body. Stop at shoulder height without shrugging.



5. Wall Slide with Reach

2 sets of 8-10

Slide upward with gentle wall pressure. Keep ribs down and stop before your shoulders shrug.



6. Incline Plank Shoulder Taps

6-10 taps per side

Use a sturdy bench or counter. Alternate hands while keeping hips level and your body in one line.

STOP if an exercise causes sharp or increasing pain, numbness, marked weakness or instability.

General education only - not medical advice or individualized rehabilitation. Consult a physician or physical therapist if you have pain, an injury or previous shoulder surgery.

MORE RESOURCES: [Shoulder Injuries](#) | [Rotator Cuff Recovery](#) | [Rehab & Recovery Guide](#)

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