

DISCLAIMER

Welcome to the Online Paddle Performance Base Fitness Program. We would like to take a moment to ensure you understand that this is online learning and we are not coaching you in person. Our instructors trust you care for your own ability. As such I must mention that we release ourselves of any responsibility should you experience injury. And, we are not able to give any guarantee these sessions provide specific results as again, we are unable to meet you in person.

Please do the sessions with being mindful of your fitness. Adjust if you need less intensity, time in the piece or if you cannot manage the amount of repetitions.

Now, all that said, we are confident you have some great resources for learning more about your paddling fitness! We hope you enjoy these sessions and please let us know of your successes and AHA moments! We love a good story.

Your online dragon boat and outrigger fitness coaches