

# THE PADDLER'S WORKOUT

Besides training on the water, canoeist Andrew Russell keeps up his strength at the gym

Canoeist Andrew Russell loves consistency. A member of Canada's national team, he trains hard on the water at the Banook Canoe Club in Dartmouth, NS, and on many days he adds intense workouts in the gym. His weight ranges between 185lbs and 190 lbs.

His training tips: Eat healthy food, get lots of sleep, warm up and stretch before a workout, and stretch afterwards. When resistance training, perform all movements in a smooth, controlled manner.

OptiMYz sat in on a recent workout at the Burnside Nubody's Fitness Centre three weeks before the World Championships. Russell called this a medium-level, maintenance workout. Note: Use the amount of weight that works safely for you.



The powerful "V-back" look.

**1. Pullups:** 3 sets of 10 reps; the final 2 with a 25 lb. dumbbell clasped between his ankles.



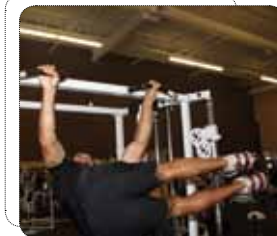
**2. Dumbbell presses:** 3 sets of 10 reps, with 75lb dumbbells.



**3. T-bar rows:** 3 set of 10 reps at 100lbs.



**4. Windshield wiper/ticktocks (pullups, swinging legs side to side):** 3 sets of 25 reps.



**5. One-arm dumbbell rows:** 3 sets of 10 reps at 100lbs. per side.



**6. "Skull crushers" (E-Z Bar lying tricep extensions):** 3 sets of 10 reps at 65lbs.



**7. E-Z Bar bicep curls:** 3 sets of 10 reps at 65lbs.



**8. BOSU ball squats:** 3 sets of 10 reps.

