



the complete

Kiteboarding Training Guide

from KiteboardingExercises.com

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The Complete Kiteboarding Training Guide

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1. About www.KiteboardingExercises.com (KBX)

[KiteboardingExercises.com](http://www.KiteboardingExercises.com) - or just KBX - a web site dedicated to make you a better kitesurfer. And it's not just for pros. Beginner, waveriding, course racing, wakeskate, wakestyle, snowkiting, freeriders, newschool and oldschool freestyle. All will be better kitesurfers with the right training. This site will teach you how to become a stronger and more powerful kiteboarder at your level. This is the site, you can't live without if you want to progress.

KBX brings this guide as supplement to the web site and the KBX iPhone app, so you have something to bring with you, when you're doing your exercises.

Air Stabilizer & Rotation

Exercises

On [KiteboardingExercises.com](http://www.KiteboardingExercises.com) you'll also find:

- [Instructional videos with exercises especially for kiteboarding](#)
- [Check out the pro's fitness programs](#)
- [Forum where you can ask about training, talk to other kiteboarders etc](#)
- [Community where you can hook up, follow, talk directly to other users](#)
- [Create your own fitness program for kitesurfing](#)
- [Technique section for exercises and basic info for preventing injuries](#)
- [Learn about injuries](#)
- [Your own workout/kite session blog to help you progress in your training](#)
- [Nutrition and kiteboarding](#)
- [Pro interviews](#)
- [And of course our almost monthly newsletter \(6-7 times a year\) and more...](#)



2. Kiteboarding Training

Kiteboarding is a very demanding sport, which requires great core strength, balance, coordination, stability and power. All training programs on KBX contains (hard)core training combined with specific functional kiteboard training, which gives great results for all kiteboarders on all levels in matters of performing and preventing injuries.

Here is how you can create your own personal strength training program for kitesurfing that fits your level of riding and your style. And of course where you want to go next.



2.1. Plan your training

I've listed the most important things, you should think about, when planning your training along with your kiteboard sessions.

1. You should at least have 1 day of rest in between workouts and sessions. Sometimes you even need 2-3 days after a really hard workout. Ex; you work out Monday and rest Tuesday. Wednesday you might be ready for working out again or go kiteboarding. Maybe you're not ready until Thursday because of DOMS (soreness). If you do plyometric training, you should rest for 2 days.
2. Follow the "data" on the downloaded exercise program. Most exercises is 3-4 sets with about 10 repetition max (RM). Meaning you should use a weight that only allows you to do the exercises 10 times before exhaustion or technical failure.
3. Once every 4-6 weeks you should have 5-7 days of total rest! This way you'll let your body recover 100%. Often you'll notice that these resting days will make you quite a lot stronger in some exercises. And you'll minimize the risk of tendonitis in your quads, knee injuries, elbow and shoulder injuries. Most injuries (especially for pros, I think) in kiteboarding happens because kiteboarders don't take the time to let their body recover completely.
4. Listen to your body. Soreness (DOMS) or direct pain requires rest. If the pain doesn't go away, you should seek professional help. You can read about different injuries on the KBX web site.
5. If you break the "rules" and go kiting 3-4 days in a row, you should also rest (also from training!) for at least 1-2 days afterwards. Often this will happen naturally, when the wind comes and goes. But otherwise you'll risk getting injured. So no training the day after kiteboarding!
6. If you're in doubt, always ask a fitness professional. You can use the forum on KBX or bring this guide to your fitness pro.

3. The KBX training programs

All programs are designed to make you a better kiteboarder and lower risk of injury through core strength, raw power, coordination, balance, stability and agility.

3.0.1. Find the Right Program for You

You can choose one of the programs I've made for you, or you can make one on your own by using the exercises, I've put under the video section on KBX.

The easiest thing to do is using my programs. But I've been contacted by a lot of users, who says, that their gym was missing some equipment and they couldn't do all the exercises. If you experience the same problem, you can switch some of the exercises with those from the video section or the other programs that work with similar muscle groups.



You can create your own personal program from the exercises in the video section on www.KiteboardingExercises.com. You should choose 6-10 (depending on your current condition and exercise choice – with tough exercises 6 can be enough even for a trained athlete) exercises that fits your goal and your riding style. Ex. if you want to get faster rotations to make that double sbend or just make your sbends more stylish, choose an exercise from "Rotational Force Exercise" like the Roll Around. If you want greater pop, choose an exercise from "Power in pop, cutbacks, VMG" category.

3.0.2. How to Execute the Programs

A pretty basic way to execute the programs would be to do 3-4 sets of 6-12 repetitions of each exercise. But there are a lot of other ways to do it as well.

3.0.3. How to do variations







- Circuit training - take 2 exercises and do each exercises for 20-30 seconds with the same time for rest in between (check out the crossfit program for an example). Then just shift forth and back 3-4 times. This is great for building up muscle power and cardio at the same time. This is probably most like the physiology of kiteboarding compared more traditional strength training.
- Do fewer reps for building up great power. Do 5-6 sets and just 5-6 reps in each exercise. Take a 2 minute break in between sets.
- For endurance do 15-20 reps in each exercise and do 3-4 sets of each. Take a 30-45 seconds break in between sets.

You can also do variations both on sets, reps, breaks, and exercises. It's important to do variations to keep making your body stronger and better. If possible do small variations each time or each week for maximum progression. Never do the same exercises for more than 2-3 months at a time.

3.1. Basic Kiteboarding Training Program

This program is designed to strengthen the core and make you stronger and more athletic, so that you can perform better on the water. It's a great workout program for course racing, beginners and speed racing. Basically kiteboarders that don't need explosive movements to pull off tricks. Watch the exercises in our video section on www.KiteboardingExercises.com.

Do a 10min warm up before you begin.

| Exercise | Illustration | Data | Description |
|------------------------------|---|--|---|
| Lean Back Cable Pistol Squat |  | 3 sets of 10-15 repetitions on each leg | Grab the cable handle like a bar. Lean back on one leg and stretch the other. Keep all your weight on your heel. Now go as far down as you can and come back up by pushing through your heels. Keep a straight back all the way through. You can also use a kettle bell like the picture shows. |
| Standing Row, Sideways |  | 3 sets of 10-15 repetitions on each side | Stand with a straight back sideways to the cable. Bend your knees as if, you're on a kiteboard. Pull the handle to your torso and try to press the shoulder blades together. |
| Cable Chest Press |  | 3 sets of 10-15 repetitions | Stand with in a split position with your legs and keep your back straight. Bend over and press the cables in front of you and cross your arms |
| Walking Hip Raises |  | 3 sets of 10-20 repetitions | Lie on your back with your knees bent. Raise your hips (tighten your glute) and keep this position. Now walk as far as you can and come back. That's one rep. |
| Plank |  | 3 sets of 30-60 seconds | The most important thing in this exercise is to tighten your glute and your abs. |
| Side Plank |  | 3 sets of 30-60 seconds on each side | Keep your hips up and keep a straight back. Your legs should be straight as well. If you have problems with this exercise, try to bend the leg |






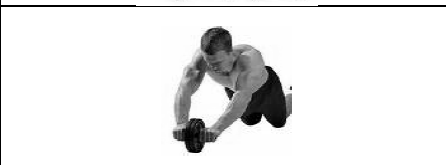
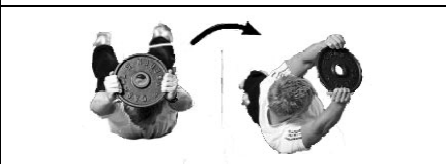
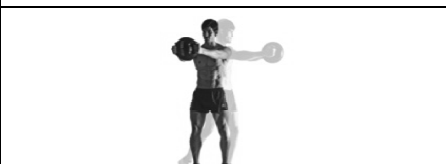
Be aware that the illustration shows the basic exercise. The description will tell you how a kiteboarder should do it.

For variation or progression you could add "roll out", "one arm chest press" and "Woodchop".



3.2. Home training Program

This training program is for those kiteboarders, who doesn't like going to the gym and wants to do it at home instead. With some small equipment and creativity you can do serious and great training sessions at home.

| Exercise | Illustration | Data | Description |
|------------------------|---|-------------------------|--|
| Speedskating Jumps |  | 4 sets until exhaustion | This is all about balance and power. Jump as far as you can from one leg to another while you through the weight in the same direction. Jump with your kiteboard. |
| 3D box jump |  | 4 sets until exhaustion | Jump as explosively as you can on to the box/bench/object. Start with your side to the box and twist 90 degrees in the air to face the box. Focus on jumping though your heels. |
| Renegade Rows |  | 4 sets until exhaustion | Make sure you don't rotate. Just tighten your whole body. For variation you can do sit ups in between. Pull arm up and then stretch out to the side. |
| Step Over Push Up |  | 4 sets until exhaustion | Instead of a medicine ball you can use a kite bag or something in that size. Do push up as explosively as you can. It's good to get some airtime. |
| Woodchop |  | 4 sets until exhaustion | Tighten your core. Hold your kiteboard or something heavier in front of you, and swing it from your knees up over your head on the other side. Keep your back straight all through the exercise. |
| Roll Out (walk out) |  | 4 sets until exhaustion | Sit on your knees and keep your hip totally straight. Really tighten your abs and your glute to avoid back pain. If you don't a roller or a skateboard, then just "walk" with your hands as far as possible. |
| Roll Around |  | 4 sets until exhaustion | Straighten your entire body and hold the disc in front of you. Roll around as fast as you can. Just one or two times and then roll to the other side. Initiate by looking over your shoulder. |
| Standing Russian Twist |  | 4 sets until exhaustion | Hold your kiteboard out in front of you. Twist as fast as you can without using full ROM of your spine. Keep looking forward. |








Check out detailed information on how to do the exercises on www.KiteboardingExercises.com



Kiteboarding

3.3. Freeride Kiteboarding Training Program

This is a more advanced training program that will make you jump higher and rotate faster. It's also designed to strengthen the core and make you stronger and more athletic, so that you can perform better on the water. It's a great workout program hooked in wave, freestyle or freeride riding.

| Exercise | Illustration | Data | Description |
|----------------------------------|---|----------------------------------|---|
| Length Box Jumps |  | 5 sets of 4 repetitions | Make sure you land and jump with your entire foot. Jump onto 1-2 box's and after landing from the last box, jump as far as you can. |
| Walking Lunges with Twist |  | 3 sets of 8-10 reps on each leg | Keep your weight on your heels at all times. Twist to the same side, as your front leg and hold the weight with your arms stretched. |
| Standing Sideways Row |  | 3 sets of 8-10 reps on each side | Stand with a straight back sideways to the cable. Bend your knees as if, you're on a kiteboard. Pull the handle to your torso and try to press the shoulder blades together. |
| Cable Chest Press |  | 3 sets of 8-10 reps | Stand with in a split position with your legs and keep your back straight. Bend over and press the cables in front of you and cross your arms |
| Woodchop |  | 3 sets of 8-10 reps | Stand sideways to the cable and put your "backhand" on top. Keep your back straight and tighten your core. For kitesurfing it's best to pull down to your hip with explosive movements |
| Hyper Extension One Arm Back Fly |  | 3 sets of 10-15 reps | Do this exercise slowly and straighten your arm on the way up. Look after your arm, as you come up. When your body is extended, tighten your glutes as much as you can. |
| Hanging Reverse Crunch |  | 3 sets of 8-10 reps | Hang with your arms and your hip bend 90 degrees. Now just pull your knees towards your shoulder. You can also do this exercise with twists for variations. |







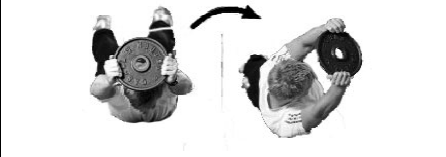

Be aware that the illustration shows the basic exercise. The description will tell you how a kiteboarder should do it.



Kiteboarding

3.4. Unhooked Kiteboarding Training Program

This is a more advanced training program for newschool kiteboarders. It will make you jump higher, rotate faster and make you handle more power in passes. It's also designed to strengthen the core and make you stronger and more athletic, so that you can perform better on the water in general. It's a great workout program unhooked wave, freestyle or freeride riding.





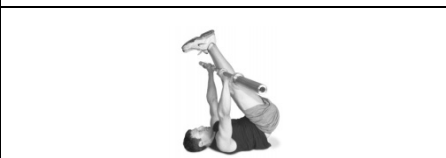
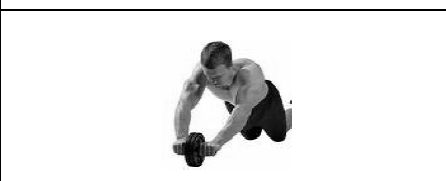
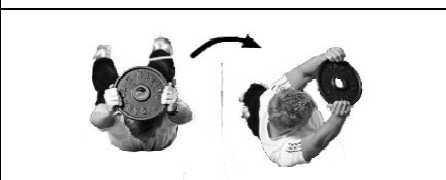
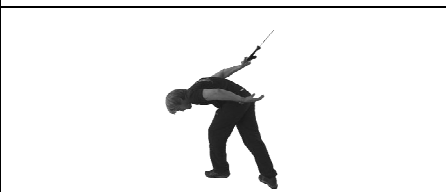
| Exercise | Illustration | Data | Description |
|-----------------------------|---|---------------------------|---|
| Speedskating Jumps |  | 3 sets of 8-10 reps | This is all about balance and power. Jump as far as you can from one leg to another while you through the weight in the same direction. Use the weight to jump. |
| Kettle Bell Swings |  | 3 sets as many as you can | Through the KB between your legs, and shoot it up again, by extending you hip in a powerful move. Don't use your shoulders |
| Renegade Rows |  | 3 sets of 8-10 reps | Make sure you don't rotate. Just tighten your whole body. For variation you can do sit ups in between. |
| One Arm Chest Press on Ball |  | 3 sets of 8-10 reps | Make sure you keep your hip up and don't rotate. Use your entire body to withstand the rotation. |
| Half Pass |  | 3 sets as many as you can | Get your hips all the up to your hands. Don't straighten your arms all the way. This will make it too hard. Same thing on the water. Just bend your arms a little bit. |
| Roll Out |  | 3 sets as many as you can | Sit on your knees and keep your hip totally straight. Really tighten your abs and your glute to avoid back pain. Do roll out with, 2 dumbbells, a bar, a roller etc. |
| Roll Around |  | 3 sets of 10 reps, fast | Straighten your entire body and hold the disc in front of you. Roll around as fast as you can. Just one or two times and then roll to the other side. Initiate by looking over your shoulder. |
| Cable Pass |  | 3 sets as many as you can | Pass the bar, just before it feels weightless. This is all about power and timing. Just like a pass on the water. |

Be aware that the illustration shows the basic exercise. The description will tell you how a kiteboarder should do it.



3.5. Pro Kiteboarding Training Program

This is the ultimate advanced training program for pro kiteboarders or hardcore freestylers, wakestylers and strapless unhooked waveriders. Every exercise is meant to give you power, coordination and stability in every aspect of Kiteboarding. Pop, rotations, landings handle passes. You will become the most fit kiteboarder on the water. Be cautioned, this fitness program includes some of the most extreme exercises.




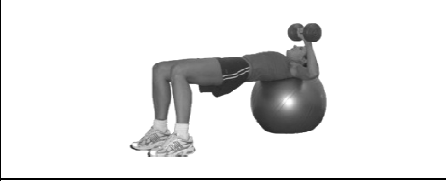
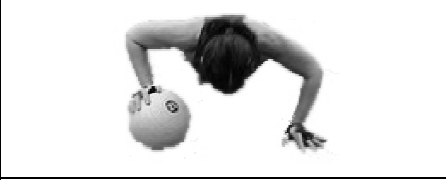


| Exercise | Illustration | Data | Description |
|--|---|----------------------------|---|
| Kettle Bell Swing |  | 3 sets as many as you can. | Through the KB between your legs, and shoot it up again, by extending you hip in a powerful move. Don't use your shoulders |
| Jumps Squat with Medicine Ball Side Slam |  | 3 sets of 6-10 | Jump as high as you can (set off with your heel) and slam the ball as powerful as you can on the way down. Slam to early and loose your balance |
| One Arm Chest Press on Swizz Ball |  | 3 sets of 8-10 reps | Make sure you keep your hip up and don't rotate. Use your entire body to withstand the rotation. |
| Half Pass |  | 3 sets of 6-10 reps | Get your hips all the up to your hands. Don't straighten your arms all the way. This will make it too hard. Same thing on the water. Just bend your arms a little bit. |
| Floor Wiper Pull Over |  | 3 sets of 6-10 reps | Start off by lying on the floor with the bar in your hands and arms straight. Lift your legs 1 inch. From here get your feet to meet the end of the bar. Raise your hip off the floor |
| Roll out |  | 3 sets as many as you can | Sit on your knees and keep your hip totally straight. Really tighten your abs and your glute to avoid back pain. Do roll out with, 2 dumbbells, a bar, a roller etc. |
| Roll Around |  | 3 sets of 10 reps, fast | Straighten your entire body and hold the disc in front of you. Roll around as fast as you can. Just one or two times and then roll to the other side. Initiate by looking over your shoulder. |
| Cable Pass |  | 3 sets as many as you can | Pass the bar, just before it feels weightless. This is all about power and timing. Just like a pass on the water. |

Be aware that the illustration shows the basic exercise. The description will tell you how a kiteboarder should do it.



3.6. Wave Riding Kiteboarding Training Program

This is a more advanced training program for waveriders. This will make you do those clean vertical cutbacks with full power. Power is the key. Explosive force in all exercises will strengthen your core and optimize your muscle chains and nervous system for those powerful cut backs.

| Exercise | Illustration | Data | Description |
|-----------------------------------|---|---------------------------------------|---|
| Walking Lunges with Twist |  | 3 sets of 8-10 reps on each leg | Keep your weight on your heels at all times. Twist to the same side, as your front leg and hold the weight with your arms stretched. |
| Kettle Bell Swing |  | 3 sets as many as you can full power. | Through the KB between your legs, and shoot it up again, by extending you hip in a powerful move. Don't use your shoulders |
| Standing Sideways Row |  | 3 sets of 8-10 reps on each side | Stand with a straight back sideways to the cable. Bend your knees as if, you're on a kiteboard. Pull the handle to your torso and try to press the shoulder blades together. |
| One Arm Chest Press on Swizz Ball |  | 3 sets of 8-10 reps | Make sure you keep your hip up and don't rotate. Use your entire body to withstand the rotation. |
| Step Over Push Up |  | 3 sets of 8-10 reps | Use a medicine ball to focus more on a stable shoulder. Use a small bench for power, and push full power - meaning; get airtime – when using a bench. Also gives focus on cut back power |
| Woodchop |  | 3 sets of 8-10 reps | Stand sideways to the cable and put your "backhand" on top. Keep your back straight and tighten your core. For kitesurfing it's best to pull down to your hip with explosive movements |
| Hanging Reverse Twist |  | 3 sets as many as you can full power | Hang with arms bend at 90 degrees and then through your legs as powerful as you can from side to side. |

Be aware that the illustration shows the basic exercise. The description will tell you how a kiteboarder should do it.



3.7. Kiteboarding Crossfit Training Program









This program is a (hard)core, full body crossfit program that has a minimum of equipment requirements. This means that you can do this at home with a little creativity and build your own hardcore gym for a few bucks. It has a great deal of cardio as well as explosive kiteboarding movements.

2 options of execution: **20sec on – 10sec break x 4 of each exercise circuit**, or just follow the “data”.

The insane hardcore version is doing 20-30sec on – 10sec break x 4 of each circuit.

Personal Trainer: Lars Jørgensen (aka. Larse)

Exercises

| Exercise | Illustration | Data | Description |
|-----------------------------------|---|---|---|
| Speedskating Jumps |  | 4 sets of 8-12 reps | This is all about balance and power. Jump as far as you can from one leg to another while you through the weight in the same direction. Use the weight to jump. |
| Leg Curls with swizz ball |  | 4 sets of 6-10 reps | Keep your back and your hips straight and bend only your knees, so that you pull the ball up underneath you. Do it slowly. If you can do more than 10 reps, do it on one leg instead. |
| Ring Roll Up |  | 4 sets of 6-10 reps | Keep the ring close to your body, when pulling yourself up with all the power you can mobilize in an explosive move. Keep it close, when you start pushing also. |
| Kettle Bell Swing |  | 4 sets as many as you can with heavy load | Through the KB between your legs, and shoot it up again, by extending you hip in a powerful move. Don't use your shoulders. (You can use a dumbbell) |
| One Arm Chest Press on Swizz Ball |  | 4 sets of 6-10 reps | Make sure you keep your hip up and don't rotate. Use your entire body to withstand the rotation. You can do this on a bench, if you can't get a ball. |
| Gym ball reverse crunch |  | 4 sets of 6-10 reps | Place you shoulder blades on the ball and then just pull your knees to your elbows. For more resistance just place the ball further towards your neck. Lock your hip! |
| Compass Lunges |  | 4 sets of 8-10 reps on each leg | Keep your weight on your heels at all times. Then do a lunge forward (N), 45degrees (NE and NV) and 90 degrees (E-V). You can also add south, backwards. |
| Floor Wiper Pull Over |  | 4 sets of 6-10 reps | Start off by lying on the floor with the bar in your hands and arms straight. Lift your legs 1 inch. From here get your feet to meet the end of the bar. Raise your hip off the floor |

Check out detailed information on how to do the exercises on KBX.











3.8. Kiteboarding Outdoor Program

This program is a (hard)core, full body crossfit program designed for execution in parks and playgrounds etc. It doesn't need any equipment besides from what you can find on those locations. It has a great deal of cardio as well as explosive kiteboarding movements.

2 options of execution: **20sec on – 20sec break x 4 of each exercise circuit**, or just follow the “data”.

The insane hardcore version is doing 30sec on – 20sec break x 4 of each circuit.

Personal Trainer: Lars Jørgensen (aka. Larse)

| Exercise | Illustration | Data | Description |
|-----------------------------|---|-------------------------|---|
| 3D box jump |  | 4 sets until exhaustion | Find a large rock or a bench. Jump as explosively as you can on to the object. Start with your side to the box and twist 90 degrees in the air to face the box. Focus on jumping though your heels. |
| Step Over Push Up on Bench |  | 4 sets until exhaustion | Do push up as explosively as you can. It's good to get some airtime. Remember to really tighten your glutes and your abs. Do a pelvic flexion. Use a rock or a bench. |
| One Leg Hip Raises |  | 4 sets until exhaustion | Remember to tighten your core in this one. Straighten one leg and lift up your hip as far as possible. Switch leg in the next set. |
| Army Reaction Exercise |  | 4 sets until exhaustion | Lay on the ground with arms over your head. Get up and jump up in the air with hands over your head. Lay on your back and then jump up again. Continue as fast as you can. |
| Incline pushup |  | 4 sets until exhaustion | This is a basic pushup with your feet up. The higher your feet are, the harder it gets. |
| Reverse Jack Knife on Swing |  | 4 sets until exhaustion | Try to tighten your glutes and abs, when your legs are extended to avoid back pain. Then just pull your knees to your chest. Use a swing |
| Vertical Row |  | 4 sets until exhaustion | Find a bench or a swing, where you can pull yourself up, when laying beneath it. Focus on pulling your shoulder blades together, when you do your shoulder extension. |
| Roll Out on Swing |  | 4 sets until exhaustion | Sit on your knees and keep your hip totally straight. Really tighten your abs and your glute to avoid back pain. Do roll out with a swing. |

Check out detailed information on how to do the exercises on KBX.



3.9. KiteboardingExercises.com – Workout Schedule

With this schedule you can get a better overview of your training and your progression. Write everything down from your workouts. Weight in exercises, reps, sets and dates. This is the only way, you can follow your progression and take actions if you hit a plateau. Write down name and setting of the exercise in the first field and write down dates, sets, reps, weight in the “Workout” field.

| Exercise -settings | Workout | Workout | Workout | Workout | Workout | Workout | Workout |
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Find more exercises at www.KiteboardingExercises.com – Power 2 Progress



4. Recovery and Timing of sessions (gym and kite)

"How long should I wait before doing a new training session?"

I've been asked this question about a 1000 times and probably gave at least 500 different answers on it. Because it depends on who you are, your training history, your injury history, what shape you are in and what kind of training you're doing now. And for kiteboarders it also depends on how powered you're riding and the type of tricks you're doing. So just by these parameters you have 5.040 different ways of prioritizing and when trying to include sub-parameters like variations in exercises etc., I would guess there is over a billion combos/answers. So you see; no easy answer there ;)

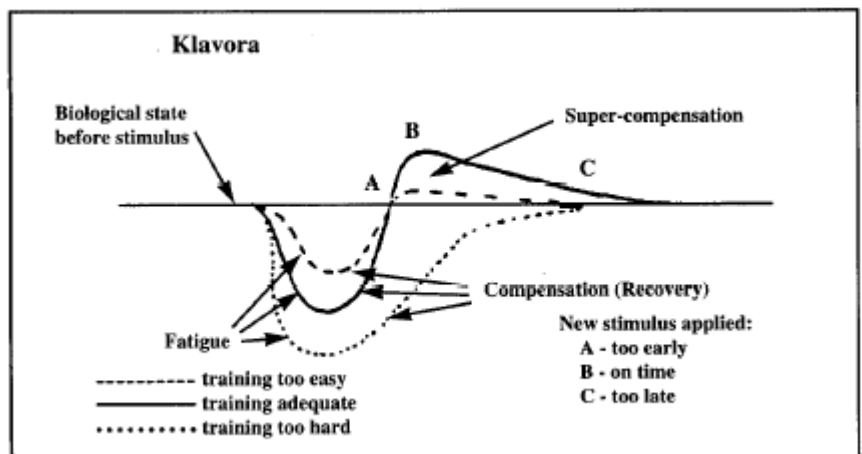
Resting is just as important as training. And this is (in my opinion) often the reason why some of the pros get hurt. Of course every one can have bad luck, but tired muscles, tired ligaments, tired bones just break easier. From what I heard about Kevin Langerees knee injury and how it happened, I would say it was caused by not enough rest. In all other sports at that level, with that high intensity in training load, it is crucial to have longer resting periods. Every 5-6 weeks athletes should at least have 5-6 days of rest, a "recovery cycle". And athletes often feel that they grow more in strength during this resting period than during the in the high intensity cycles. That just tells you how important resting is...



4.1. Supercompensation

Supercompensation is basically what we mean, when we say "recovery". Because it's not just about recovering - it's about getting stronger. Supercompensation is the state, where your body has recovered and gotten stronger. The graph below tells the story...

When you start your workout or a session on water, that equals "stimulus". This load will break down the muscles, ligaments and bones. And at the end of a session the body will start to repair these damages; recover. After the recovery process the body will compensate for the earlier damages and become stronger. This is what training is all about...

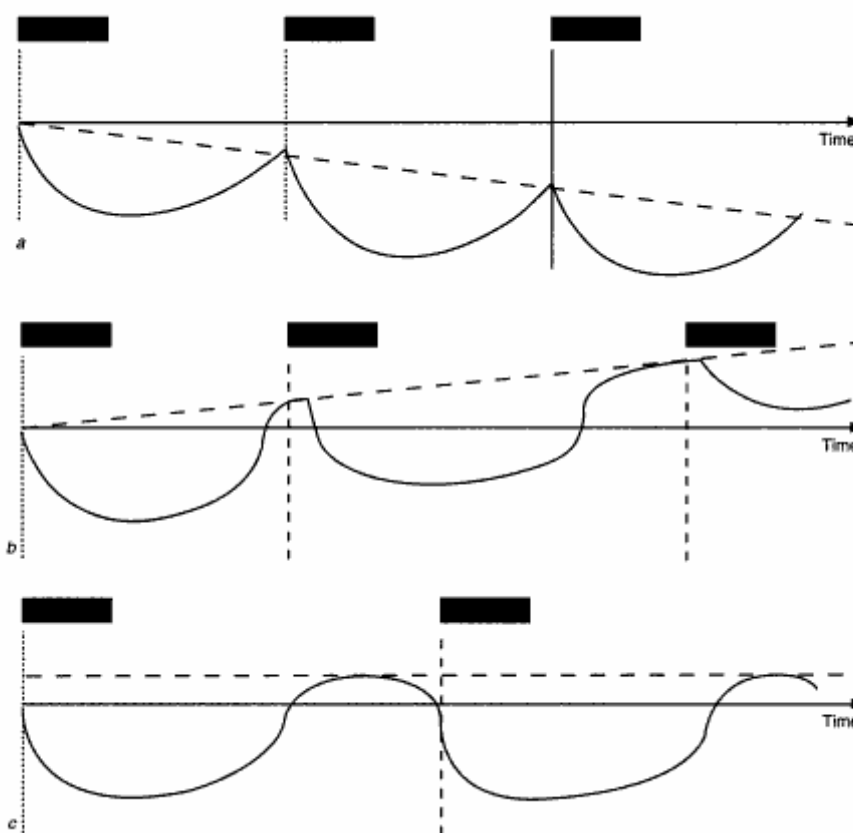


If you get fatigued (training too much over longer period of time or just one day where you really burn yourself out) you end up getting nowhere and you can even end up hurting yourself. A small amount of training gives you a little supercompensation and the "perfect" amount gives you a great supercompensation. But only if you time/plan the next training right, you should begin your next session at the point of **B**. On the water or off the water. Doesn't matter what kind of training it is.

If you do some kind of training 2-3 days in a row, your body will handle that as one training session if it is not too intensive. So it's possible to do that, if you rest for a longer period afterwards. You will stretch out the curve, if you do that.

The next graph shows you 3 different scenarios. (time line has been blacked out, because it varies from intensity etc)

a. This is a person who does physical activity too often. He starts training or is hitting the water for a kiteboard session, before he is totally recovered and misses out on the supercompensation and his shape is actually decreasing. And that will lead to injuries or even severe fatigue/over training (stress like state with great risk of depression, injuries and stuff like that)



b. This is the perfect scenario, where the athletes/kiteboarders

grows in strength all the time. But then again muscles, ligaments and bones do not recover at the same paste. So even though you feel, you have a great rhythm in your training and you're getting stronger, you still have to have "resting cycles" every 5-6 weeks in order to fully recover! Otherwise you'll have a much higher risk at getting injured. And this is (in my opinion) where many pros are risking their career and health due to these kind of fatigue injuries. A blown out knee is very typical for this.

c. This is status quo. This is probably where most kiteboarders are at for several reasons:

1. They are not training or hitting the water often enough to get the benefit of the supercompensation
2. They are doing the same workout routine in the gym or the same thing on the water all the time. The body has a tendency to "get used" to repeated patterns/stimulus and then it doesn't have any real effect

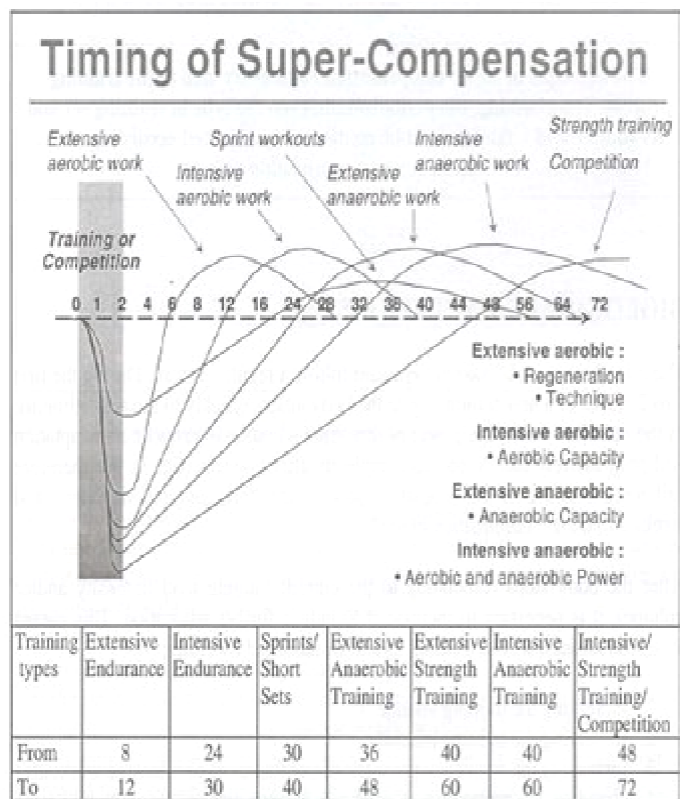
anymore. That is why we do variations in training. This keeps us from hitting "the plateau", where nothing really happens even though, we do everything else correct. This is also the reason why just kiteboarding a lot is not the answer, if you want be the best that you can be.

And a,b,c and are actually the whole reason why I build this site. In an un-organized sport like kiteboarding, compared to almost any other sport, athletes are still left to themselves to plan their training. And that would be an outrage in other sports, but kiteboarders doesn't really recognize to great potential in planning training the right way both for avoiding injuries, but also very much for progressing their physical shape and thereby their performance on the water.

4.2. Timing is everything

On this graph you can see estimated time periods for different kind of training regarding supercompensation. I would estimated kiteboarding to be somewhere between "Intensive Aerobic Work" and "Strength Training / Competition". If you're riding powered and throwing unhooked tricks, you are placed in the far right side of the scale. And if you're goofing around or doing less powered hooked tricks you're placed in the left side of the scale.

And as I stated before, it is very important to keep this in mind. You can go kiteboarding 3 days in a row, but then you should also rest for a couple of days afterwards. And remember; on the 3rd day of kiteboarding, your body will be broken down and you can't expect the same power in your movements and you'll have a higher risk of injuries. Even though your body feels healthy and you're full of energy, it doesn't necessarily mean, that your body is recovered and up for a hardcore session.






4.3. General physical shape matters





The graph to the right is relative. This means that is most correct for kiteboarders in a pretty good shape. But if you're younger and have build up a great physical shape during several years (like a typical pro athlete), the load on the body isn't the same. The body of a kiteboarder/athlete in great shape will not get the same stimulus/stress on the muscles by a hardcore freestyle session. They might be ready again after 30 hours. But believe me; no one can give a 100% everyday. This will lead to injuries, over training, fatigue, depression and stress. So no one can skip out on "resting cycles". Actually they become more and more important the more you're training/kiteboarding.

Remember; recovery slows down with age...

5. Kiteboarding Stretching Program

This is a stretching program specifically for kiteboarders that will lower your risk of injury and it will make you more flexible for doing grabs and other stuff. With other words; it will make your moves more stylish!

| Exercise | Illustration | Description |
|---|---|--|
| <p>Hip Flexor stretch – with twist</p> |  | <p>By adding the twist over your front leg, you also include Ilio, which is often considered as one muscle. Iliopsoas. Another key element in this exercise is to tip your pelvic forward like the photo below.</p> |
| <p>Hamstrings Stretch</p> |  | <p>Remember to bend your front leg a little bit. This will keep you from stretching your calfs (Gastrocnemius) and concentrate the stretch on your hamstrings. It's also important to remember to arch your back by looking up and shooting out your chest</p> |
| <p>Calf Stretch</p> |  | <p>Push your heel down to maximize the stretch. The more you bend your knees, the more you will concentrate the stretch on Soleus (the deepest calf muscle) and the more you straighten your leg, the more it will hit Gastrocnemius</p> |
| <p>Adductor Stretch</p> |  | <p>Keep your feet at shoulder width or more. Get all the way down and use your arms to push out against your thighs.</p> |
| <p>Glute Stretch</p> |  | <p>It's very important to arch your back (straighten it) to get a good stretch in this one. It's also very important to pull the knee against you and twist as far as you can as you look over your shoulder</p> |
| <p>Posterior Shoulder Stretch</p> |  | <p>Start by keeping your shoulders down and elbows in the center of your body. Think about squeezing your elbows and hands together equally. If you can't feel it, you should pull the shoulder backwards without raising your shoulders.</p> |
| <p>External Rotator Muscles</p> |  | <p>Gently place hand behind back. Keeping shoulder in line with your body gently bring elbow forward. Do not let your shoulder come forward with your elbow. For a little <i>added</i> stretch you can gently pull your elbow forward.</p> |

| | | |
|---|---|--|
| <p>Internal Rotator Muscles</p> |  | <p>Keep your elbow in. Gently push your hand forward while keeping your shoulder and elbow in place.</p> |
| <p>Anterior Shoulder Stretch</p> |  | <p>Bend your arms a little bit to avoid stretching your biceps. Keep the hand above shoulder level.</p> |
| <p>Chest Stretch</p> |  | <p>Remember to open up your chest and try to push your shoulders back.</p> |
| <p>Neck Stretch</p> |  | <p>Remember to pull your chin towards your chest.</p> |
| <p>Neck Stretch - Sideways</p> |  | <p>Remember to pull your chin towards your chest.</p> |

Find more exercises at www.KiteboardingExercises.com – Power 2 Progress



5.1. Stretching Techniques

When you're doing stretches, it's very important that you pay notice to the details. Otherwise you won't get the full benefit. So here is a couple of pointers:

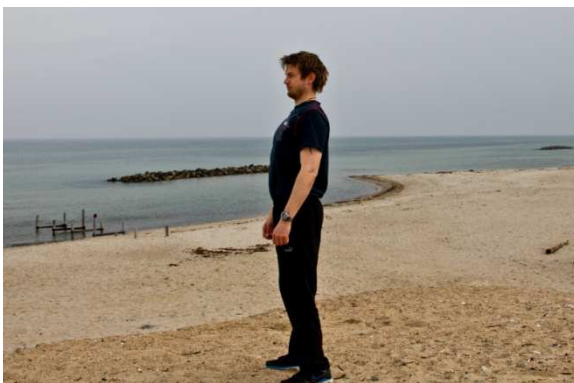
5.1.1. Hip flexor (Ilio-Psoas)

This is a basic hip flexor stretch with a twist. A normal hip flexor stretch is only stretching half psoas muscle, but that's only half of what you really want to stretch. By adding the twist over your front leg, you also include the whole Iliopsoas, which is often considered as one muscle. Another key element in this exercise is to tip your lower pelvic (Pubic Symphysis) forward like the photo below. People very often don't do this and won't get anything out of the stretch.



5.1.2. Glute Stretch (Gluteus)

It's very important to arch your back (straighten it) to get a good stretch in this one. Look at the picture below. It's also very important to pull the knee against you and twist as far as you can as you look over your shoulder.



5.1.3. Neck stretches

One very important thing (that no one does!!), when stretching your neck, is to make a double chin by pulling in your chin towards your chest. This will stretch the deeper muscles in your neck (the ones that give you a headache). Stretching the neck is probably more for beginners, because they can get tension in the neck by looking at the kite all the time, when trying to get out of the water. But many people suffer from headaches caused by neck tension, which these stretches will handle as well.



Remember to pull your chin towards your chest like this:



And if you can do it like this, when you're 90 years old, you've been doing it right ;o)



6. Nutrition Guide

Kiteboarding is a demanding sport and what you eat will determine how you perform as a kiteboarder. Nutrition is the fuel that keeps the engine burning, and if you don't eat right, your performance will be weaker.

This is not an article about healthy food. If you're looking to lose some weight, you should seek help by a fitness professional. He'll tell you to eat more vegetables and stop eating junk food and hopefully how. This article is about fast recovery after a session and how to get the energy for the next session. And actually also a little bit about preventing injury and diseases, but focus is on getting you to perform.



6.1. Energy for the next session or during a session



Carbohydrates is fuel for the muscles, and if you're on the water for more than 2 hours, you'll need to fuel up to be able to keep performing your best. Fruit is the healthiest way to get carbs. A good alternative is a sandwich with lots of vegetables and meat. It will give you the carbs and proteins you need to fuel your muscles and start recovery. If you don't have time to eat during your session, or if you get stomach aches by eating and doing physical activities at the same time, you can also drink

something that contains carbs and protein. Yogurt drinks or protein shakes contains carbs and protein. Juice contains only carbs, but that's also better than nothing. And freshly pressed juice is also healthy.

Your muscles has a natural amount of carbohydrates stored (glycogen), but not enough to kiteboard for more than 2-3 hours. So after 2-3 hours (more or less depending on your intensity) you need to re-fuel by eating or drinking some kind of carbs. Remember, it has to be easy to digest to avoid a stomach ache. That's one more reason why fruit is the best choice. Besides from all the healthy ingredients of course.

| Good foods to fuel up | Good liquids to fuel up (recover) |
|---|---|
| Fruit | Yogurt drinks (protein and carbs) |
| Bread, sandwich (preferably wholegrain) | Protein shakes (protein and carbs) |
| Rice, pasta (preferably wholegrain) | Chocolate milk (protein and carbs) |
| Bulgur, chickpeas etc. | Juice (freshly pressed is also healthy) |
| | Energy/sport drinks |

You should take in 1,0-1,2 grams carbohydrates per kilogram body weight in small doses within the first 4 hours after your session. For me (I'm about 78kg) that's about 4-6 fruits in the first 4 hours. In general you should consume 7-12 grams of carbs per kilogram body weight per day. Expect about 24-48 hours for a total re-fuel. After exhaustion from extreme sessions or workouts (more than 4-6 hours) it can take more than 48 hours to fill up your glycogen storage. If you eat like describes above, you can re-fuel in 24 hours.

It's a good idea to consume protein as well, because you need them to recover after your session or your workout. But for re-fueling carbs are the important nutrient.

6.2. Recovery from a session (or a workout)

To get the fastest recovery after a session, you'll need to eat the right nutrients at the right time. Protein will help your muscles to recovery and carbohydrates will help your fuel deposit to get loaded again. Both protein and carbs are really important for a quick recovery.



| Good foods to recover | Good liquids to recover |
|---|---|
| Fruit (only carbs and micro nutrients) | Yogurt drinks (protein and carbs) |
| Bread, sandwich with meat and vegetables (preferably wholegrain bread) | Protein shakes (protein and carbs) |
| Rice, pasta with meat and vegetables (preferably wholegrain rice/pasta) | Chokolade milk (protein and carbs) |
| Bulgur, chickpeas etc. with meat and vegetables | Juice (only carbs, freshly pressed is also healthy) |
| | Energy/sport drinks (only carbs) |

You can actually increase your recovery by 12%, if you consume protein and carbs within the first 30-60 minutes after a session (workout). The faster you do it, the better results you'll get.

6.3. Energy intake in general

This is the hard part of working with nutrition. It's important for a kiteboarder to be light. So your energy intake should not exceed your daily energy use. But if you do not eat enough, you won't recovery as fast as possible and that would hold back your performance in the end. If you eat too much, you'll gain weight. So for eating a 100% right, you need a very detailed diet plan, which is very hard to follow and takes quite a long time to make. But most riders use about 300-800kcal pr. hour on the water. This depends on the intensity of your riding, your style of riding (waves and unhooked use more energy), and of course of gender and size.

So this is your golden rule; eat as much as you can, without gaining too much weight. If you are kitesurfing a lot, you should be building up *some* muscles, so don't get scared if you put on a *little* weight. But you shouldn't gain body fat! And you shouldn't gain more than maybe 0,10-0,25kg or 0,5-1,0 pound per month. These numbers are for a male with a body weight of 75kg or 160 pounds. If you have any questions feel free to write me. Look under contact in the menu on the KBX website, if you want to ask me about this.

6.4. Well balanced diet for kiteboarders



sources of fat.

If you're kiteboarding a couple of times per week, you can benefit from a good and balanced diet. Make sure you prioritize good carbs like fruit and vegetables and get lots of protein. Eat a lot of wholegrain pasta, rice and bread, together with low fat meat (chicken etc), fruit and vegetables and use olive oil or other kind of vegetable oils as

7. Contact, Facebook, Youtube, Twitter

Feel free to contact me about anything regarding injuries, training and kiteboarding. If I don't have the answer, I might know someone who does. Preferely use the forum on www.KiteboardingExercises.com, so others might benefit from it as well. Otherwise find me here:

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