

STAND-UP PADDLEBOARDING (SUP) FULL-BODY TRAINING

GOAL: TOTAL BODY CONDITIONING

PHASE: MIXED

WARM-UP

EXERCISE	Sets	Duration	Coaching Tip
Foam Roll: Calves	1	30 s.	Alternate legs, hold tender spots for 30 seconds
Static Stretch: Lat Ball Stretch	1	30 s.	Alternate sides
Static Stretch: Kneeling Hip Flexor Stretch	1	30 s.	Alternate sides
Prisoner Squat	1	10 reps	
Foam roll and stretch the muscles that were identified as tight per your client's assessment.			
Cardio	1	5 min	

RESISTANCE

EXERCISE	Sets	Reps	Tempo	Rest	Coaching Tip
Stability Ball Chest Press	2	8-12	Slow	30 s.	
BOSU Shoulder Press	2	8-12	Slow	30 s.	
Standing Cable Row	2	8-12	Slow	30 s.	
Ball Wall Squat	2	8-12	Slow	30 s.	
Single-leg Pulldown	2	8-12	Slow	30 s.	Alternate legs
Cable Squat	2	8-12	Slow	30 s.	
Single-leg Squat to Row	2	8-12	Slow	30 s.	Alternate legs
Mountain Climbers (optional)	2	20	Fast	30-60 s.	
Surfer Pop-Ups (optional)	2	20	Medium	30-60 s.	

Complete one set of each exercise in the order listed, rest 1-2 minutes, then repeat from start. Tempos and rest duration can be modified for individual client needs.

COOL-DOWN

EXERCISE	Sets	Duration	Coaching Tip
Cardio (optional)	1	5-10 min	
Perform same stretches as warm-up	1	30 s.	

Nasm Program Design Template

Sivarama P. Dandamudi



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Fundamentals of Computer Organization and Design Sivarama P. Dandamudi, 2006-05-31

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Guidelines for Laboratory Design Louis J. DiBerardinis, Janet S. Baum, Melvin W. First, Gari T. Gatwood, Anand K. Seth, 2013-04-08 Proven and tested guidelines for designing ideal labs for scientific investigations Now in its Fourth Edition *Guidelines for Laboratory Design* continues to enable readers to design labs that make it possible to conduct scientific investigations in a safe and healthy environment The book brings together all the professionals who are critical to a successful lab design discussing the roles of architects engineers health and safety professionals and laboratory researchers It provides the design team with the information needed to ask the right questions and then determine the best design while complying with current regulations and best practices *Guidelines for Laboratory Design* features concise straightforward advice organized in an easy to use format that facilitates the design of safe efficient laboratories Divided into five sections the book records some of the most important discoveries and achievements in Part IA Common Elements of Laboratory Design sets forth technical specifications that apply to most laboratory buildings and modules Part IB Common Elements of Renovations offers general design principles for the renovation and modernization of existing labs Part II Design Guidelines for a Number of Commonly Used Laboratories

explains specifications best practices and guidelines for nineteen types of laboratories with three new chapters covering nanotechnology engineering and autopsy labs Part III Laboratory Support Services addresses design issues for imaging facilities support shops hazardous waste facilities and laboratory storerooms Part IV HVAC Systems explains how to heat cool and ventilate labs with an eye towards energy conservation Part V Administrative Procedures deals with bidding procedures final acceptance inspections and sustainability The final part of the book features five appendices filled with commonly needed data and reference materials This Fourth Edition is indispensable for all laboratory design teams whether constructing a new laboratory or renovating an old facility to meet new objectives

Effective Makefiles Richard Johnson, 2025-06-23 Effective Makefiles Effective Makefiles is the definitive guide for mastering make and modernizing build automation in today's complex software environments Spanning from foundational principles and the architecture of the Make tool to advanced automation and CI/CD integration this book offers a comprehensive roadmap for developers engineers and DevOps professionals seeking to optimize their build systems Each chapter unfolds methodically beginning with a deep historical context that grounds readers in make's enduring relevance then progressing through internal execution models rule semantics and nuanced dependency management strategies that underpin reliable and scalable builds The book meticulously explores advanced syntactic structures and features including conditional logic pattern rules and high performance concurrency mechanisms Practical emphasis is placed on writing robust portable Makefiles that withstand the demands of cross platform development evolving toolchains and heterogeneous environments The text addresses crucial aspects such as modular organization technical debt minimization and the sustainable scaling of build logic for large teams or codebases ensuring maintainability as projects grow over time Through rich case studies real world patterns and anti patterns Effective Makefiles bridges theory and practice highlighting common pitfalls and best practices refined from both open source and enterprise spheres Whether you are refactoring legacy Makefiles or integrating make into sophisticated DevOps pipelines this book equips you with the frameworks tools and insights necessary to create reliable high performance and future proof automated builds

Air & Space Smithsonian, 2010

A User's Guide to Program Templates Mary Ann Scheirer, 1996

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