

INSIDE: 250+ PAGES OF KILLER KITING CONTENT, INCLUDING OUR FREE ANNUAL 2011 TRAVEL GUIDE!

KITEWORLD

KITERS ARE ONCE AGAIN THE FASTEST ON THE WATER



#49

PLUS: LEWIS CRATHERN,
BEN WILSON, KRISTIN BOESE,
BAJA, BASIC WAVE SKILLS
AND BOOSTING

KITERS ARE ONCE AGAIN THE FASTEST ON THE WATER

KEEP UP!

KITERS ARE ONCE AGAIN THE FASTEST ON THE WATER!

ISSUE #49 > FEB - MAR '11
Other countries: please affix new barcodes: UK £3.90



THE WORLD'S BIGGEST INTERNATIONAL KITING MAGAZINE
WWW.KITEWORLD.MAG.COM

RUN FATBOY, RUN

INTRO → Alright don't, but do something! Dr. Sarah Ellis starts her regular rounds here by urging you that getting a kiting-ready body isn't just for girls and pretty boys **PHOTOS** → Jim Ellis

Worried about losing shape in the off season? You can actually hit the water in better shape than you left it with proper training. Having a kite-ready body is all about the core. No matter whether you are just learning or riding with the advanced crowd, these exercises will help you get in shape and stay in shape for kiteboarding and should take you less than 30 minutes! They are also handy for making the most of that all-important kite trip you have planned mid-winter.

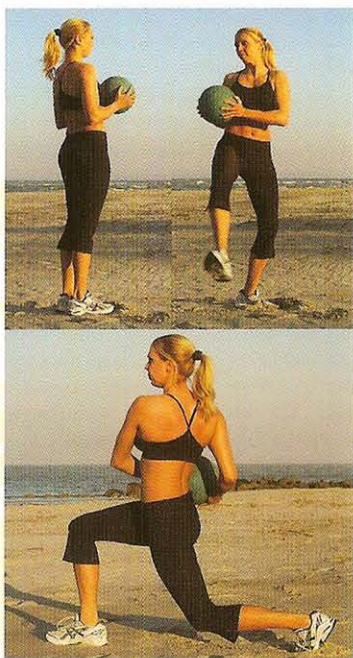
We kite in a harness, so the power from the kite is transferred through our core muscles. Weak core muscles can cause two problems kiting – 1: you wear out faster, meaning you can manage less time on the water and 2: your movements become sloppy, leading to injury and frustration.

The most efficient winter exercise routine is one that targets your core with every single exercise, incorporating isometric holding with arm and leg movements that mimic kiting the closest. You don't go out on the water doing a bunch of crunches, so why train that way?

The second key factor is maintaining leg and hip strength. The easiest way to train these muscles is to go for a half hour run. It warms up the body for core training, while building leg strength and endurance. If it's just too cold outside to go for a run and you can't tear yourself away from the telly, nothing beats some good old lunges and single leg squats.

Lycra on, let's do it!

MEDBALL LUNGE

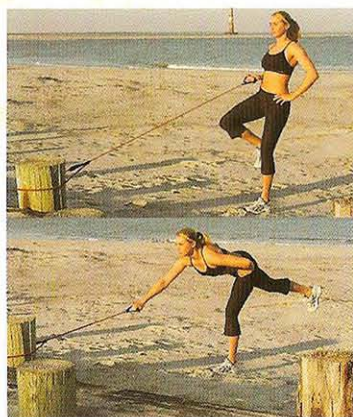


WHY BOTHER? Specifically designed for improving balance, especially during carves

and transitions.

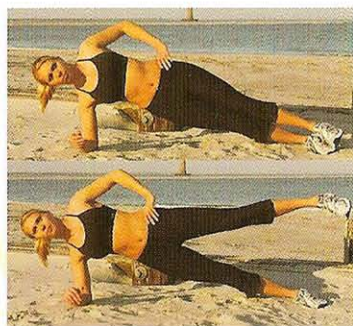
WHAT WILL HURT AFTER? Legs and core muscles, specifically obliques and upper thighs.
LET'S GET IT OVER WITH: Start with feet shoulder width apart holding the medball at chest level. Step out and around ending with your legs in a lunge position and the medball at the opposite side of your body. Knock out 15 of these per side.

SINGLE LEG ROW



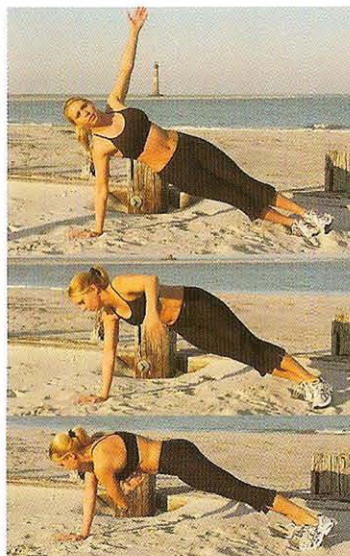
WHY BOTHER? Improved endurance going upwind, balance for standing starts, ankle strength, keeping the bar in during unhooked moves and more.
WHAT WILL HURT AFTER? Hamstrings, glutes, upper back muscles, feet and ankles.
I'VE GOT SWEATY ARMPITS ALREADY: Start with arm in row position with the same knee raised. Extend your leg and arm, pivoting over the stationary leg. Bring back up to starting position. 15 per side. Now.

SIDE HOLD WITH LEG LIFT



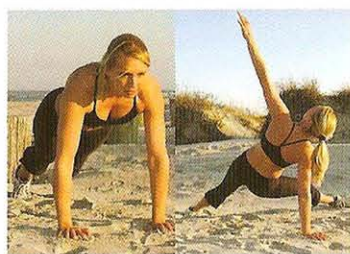
WHY BOTHER? Improved endurance, better body control in the air for things like repositioning the board for landings.
WHAT WILL HURT AFTER? Transverse abdominals, obliques and outer hip muscles.
REMEMBER THIS IS ALL FOR BETTER KITING! Start in side plank position with elbow directly under shoulder and legs out straight. Lift top leg, keeping foot facing straight forward or slightly towards the ground. Bring back down to other leg, slightly touch, then repeat. 15 per side, pipsqueak.

SIDE HOLD WITH WRAP



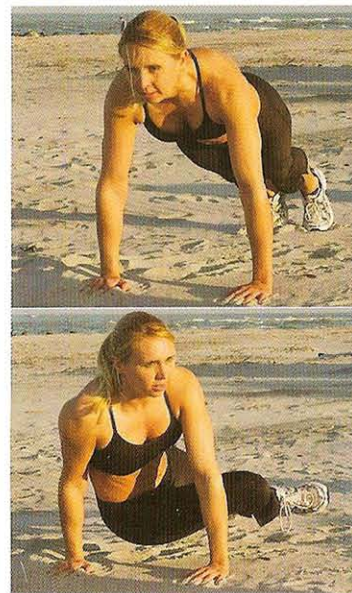
WHY BOTHER? Better spins, riding endurance for maintaining good body position, stabilisation during landing and greater body control in the air.
WHAT WILL HURT AFTER? Transverse abdominals, obliques, hips and shoulder stabilisers.
HOW MANY MORE? Start in side plank with arm extended directly under shoulder and legs out straight. Wrap top arm underneath body rotating hips down. Open back up to arm facing the sky then repeat. 15 per arm.

PLANK WITH HEEL TAP



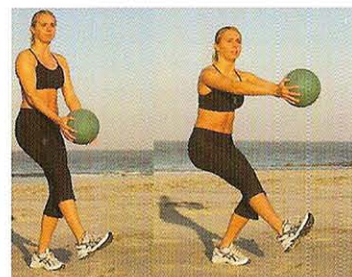
WHY BOTHER? Ride in toe-side and blind better, your core strength will improve for enhanced body posturing during long riding sessions, stabilisation for landing and better body control in the air.
WHAT WILL HURT AFTER? Shoulder stabilisers, obliques, transverse abdominals, chest, inner thigh... all the good stuff.
STARTING TO FEEL GOOD NOW! Start in push-up position then extend left arm toward the sky while bringing right leg through underneath your body and tapping the heel directly at mid-line. Try not to put all your body weight on the outstretched heel. Repeat by alternating sides using right arm and left leg. Only 10 per side – too easy!

PLANK WITH KNEE TUCK



WHY BOTHER? Because your spins, front rolls, raleys, carving turns, transitions, riding endurance and body positioning are all weak!
WHAT WILL HURT AFTER? Core, obliques, transverse abdominals, spinal extensors.
YOU CAN'T BREAK ME: Start in push-up position then bring your right knee up to tap left forearm, rotating hips under your body. Repeat coming back to push-up position then alternate to opposite side. 15 per side. We'll make a mouse out of you yet.

SINGLE LEG SQUAT WITH MEDBALL



WHY BOTHER? Absorb chop better, pop harder, land with more speed, have greater ankle control in straps and have better overall riding endurance.
CHECK ME OUT: Quads, glutes, shoulders, feet and ankles.
MY MATES ARE ALL OFF DOWN THE PUB: Start by standing on one leg, holding the medball at waist level. Squat down on one leg extending arms out to shoulder level. 15 per leg. Now down the Dog and Duck.

Dr. Sarah Ellis, DPT, is a team rider for the Air Company and author of The Workout and Nutrition Guide for Kiteboarders

Find Sarah at: www.perfectlyfitonline.com **Acruz**