

# Sports Training with the Vasa SpaceSaver Erg

Art.Nr. 2655808

## Swimming - Freestyle



## Swimming - Butterfly



## Paddle Board Paddling



## Stand-up Paddling



## Dragon Boat/Canoe Paddling



## Cross Country Ski Poling



## Kayak Paddling



## Rehab & Functional Exercises

### Lunge with Rotation



### Core Stabilization



Stronger. Better. Faster



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