

## Basic Tips To Paddleboard

**To start from a boat or a dock:** Place board in water. Step on the center of the board between the foot prints. Then place second foot on the closest foot print and move first foot to farthest foot print and get your balance. Point your toes forward. You may need to move your feet forward or back a little to keep both ends of the board out of the water.



**To Paddle:** Hold paddle with one hand on top of T-handle and the other half way down the shaft. Reach forward with your arms and place paddle in the water so just about all the blade is under the water. Then pull paddle back with your shoulders moving the paddle through the water. Paddle 5-10 times on each side to keep going straight.

### To get on the board from the water.

Get up and lay on board with paddle flat between you and the board. Paddle with hands if necessary.



Get up on your knees with your hands in front of your knees toward the sides of the board to help keep your balance.

You can paddle kneeling about 5 times on each side to get the feel and balance of the board. Once you feel comfortable...



Pop up to your feet in one swift movement to a standing position. Move your feet around for the best balance.

**To turn quickly.** Back paddle 3-5 times on the side you want to turn.

**To gradually turn.** Shift your weight back and paddle on the opposite side you want to turn towards.

See website for more tips and ideas!



**BrosBoards.com**

## What is Stand Up Paddleboarding?

Stand up paddleboarding started on the island of Oahu in Hawaii in the 60's. Surfers there found this was an ideal way to surf smaller waves and learn how to surf. Around the year 2000, stand up paddleboards (SUPs) were being used to help train while the surf was down. People then realized they could stand up and paddle anywhere there was water. Stand up paddleboarding now has their own races, competitions, tours and clubs.

No waves, no wind, no problem. Stand up paddleboarding has been quickly gaining popularity all around the world. Body Glove SUPs are blow molded so these durable boards will not chip, crack or break like fiberglass boards. Body Glove SUPs are very stable and user-friendly, great for personal use and rentals. Within 10 minutes most people can master the balance and techniques needed to enjoy paddleboarding for a lifetime.

## Benefits of Stand Up Paddleboards

One of the many benefits of stand up paddleboarding is that you do not need any wind or waves. So anywhere there is water at least 12" deep, you can go paddleboarding. The ocean, lakes, rivers, ponds or deep creeks are all great places for paddleboards. When you are standing on the paddleboard, you can see deeper into the water and see further across the surface of the water. Watching fish, marine life, turtles, treasure hunting, or just looking at the cool rock formations is pretty awesome. For more adventure, some paddleboarders go in the white water rivers.

Another great benefit of Stand Up Paddleboarding is the exercise you get from doing something fun. Stand up paddleboarding can burn up to 700 calories an hour. It is a great way to exercise while improving your balance and gaining core strength. Paddleboarding does wonders for the body while not subjecting you to the pain and monotony of most workouts. It can be a fun, adventurous and an exciting way to lose weight.

So what are you waiting for. Visit BrosBoards.com for more information. Get a SUP and start having fun with your friends and family while enjoying the great outdoors.



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Stand Up Paddleboards, Rental and Sales



**PENINSULA MARINA**  
BARREN RIVER LAKE

# Stand Up Paddleboards



**By Body Glove**

**Stand Up Paddleboards  
Rental and Sales**

www.peninsulamarina.com

# It's Like Walking On Water!

Body Glove stand up paddleboards are fun, versatile, and easy to learn for all ages. You can stand up, sit down kayak style, kneel or lay down. Our paddles convert to kayak style paddles for sitting and paddling. These paddleboards can be easily strapped to the roof of most cars.

Stand up paddleboards have many uses including:

- Exercise
- Transportation around no wake areas and harbors
- Recreation
- Houseboat maintenance
- Houseboat tie-ups and un-ties
- Great for pontoons, houseboats, lake front homes and condos
- Potty trips to shore for your dog
- Surfing
- Races and games
- Stand up, kneel, sit or lay down
- Fun for all ages



## 2 Models Available



**Wave**  
9'9" x 34" x 7"

The Wave model, stable and easy! The Wave model is an all around paddleboard perfect for any skill level offering stability and durability. Features include 4 handles plus center handhold for easy carrying and double bungee cord on front to hold small items. The Wave is perfect for rental operations. In stock available in Yellow.



**Glider**  
11' x 35" x 8"

The Glider model is very versatile. The Deluxe model comes with center storage hatch and bungee cross straps in the front, built-in seat, front hatch, paddle holder straps and rear deck cross bungee straps. Special order available in Red, Yellow and Blue.



Adjustable aluminum dual paddle comes with extra paddle end to convert to kayak style (shown)

Adjustable fiberglass dual paddle comes with extra paddle end to convert to kayak style



**PENINSULA MARINA**  
BARREN RIVER LAKE

Peninsula Marina is located on Beautiful Barren River Lake, two miles off Barren River Dam off of Hwy. 252 on Hwy 2065. The Marina has men's and women's bathrooms, unleaded gas, extensive store including bait, supplies, ice, pontoon and deck boat rentals and 282 boat slips. Boat clean up and some services are available.

