

## 8 ROTATIONAL CONTROL

Cope with the forces from the oar

- Sit tall on ball, hard band or pulley coming from side
- Brace trunk, move arms in & out
- x 30 Reps



## 7 SIDEWAYS CONTROL

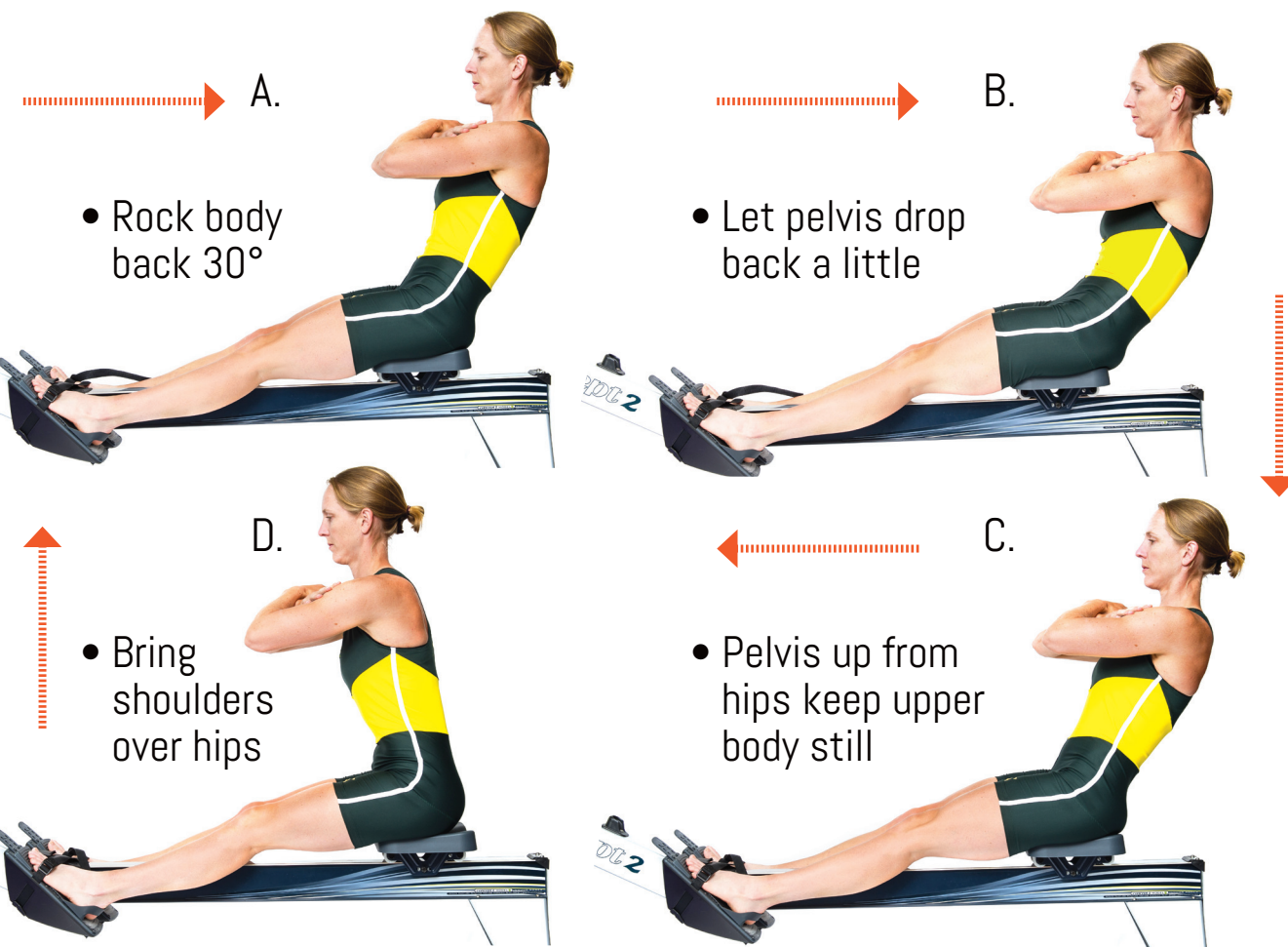
Adapt to the boat moving under you

- Sit with shoulders over hips
- Hitch hip up to one side, without moving shoulders, slowly lower
- Repeat to opposite side
- x 30 Reps



## 6 END OF STROKE

Establish the movement pattern • x 30 Reps



**ROWING**  
Australia

## 1 FRONT OF STROKE

Switch on the right muscles

- Tie off erg handle
- Pelvis forward, relaxed upper back
- Brace & lift bottom
- Hold 30 sec x 3



## 2 OPENING BODY

Establish the movement pattern

- Flat low back
- Feet secured
- Relaxed upper back
- Pivot back from hips
- Keep distance from pubic bone the same
- x 30 Reps



## 3 OPENING BODY

Add load to the movement pattern

- x 30 Reps



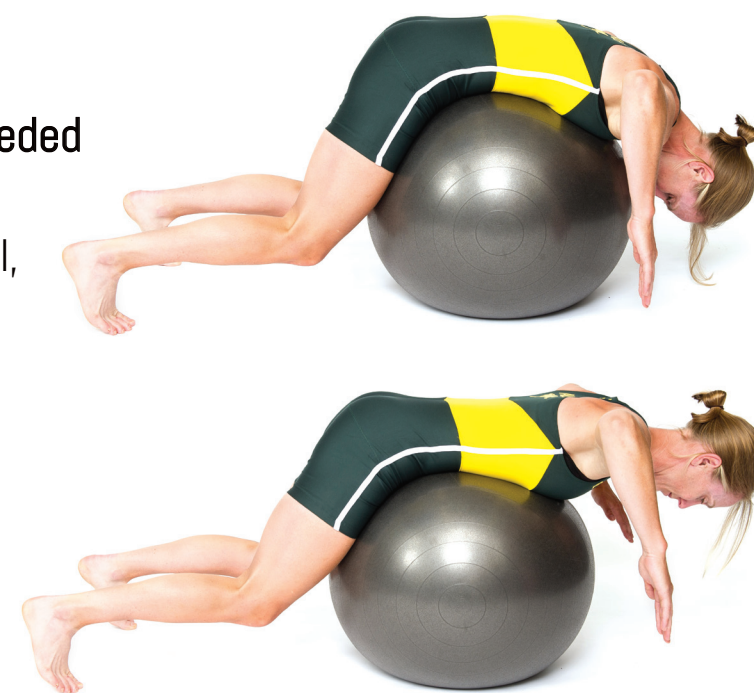
STABILITY • CONTROL • STRENGTH • ENDURANCE

EXERCISES SPECIFIC TO ROWING, TO OPTIMISE THE MUSCLE FUNCTION AROUND YOUR SPINE AND IMPROVE YOUR BODY'S CONTRIBUTION TO THE ROWING STROKE. PERFORM 3 TIMES PER WEEK

## 5 DRIVE

Condition muscles needed on back of body

- Relax legs around ball, secure feet
- Hang body over ball
- Chin in, raise upper body to horizontal, slowly lower
- x 30 Reps



## 4 DRIVE

Condition muscles needed on front of body

- Body horizontal, hands on ears, elbows out
- Crunch up approx 30°, keep chin in
- Slowly lower to horizontal
- x 30 Reps

