

PATTERN

3 Warm Up Essentials

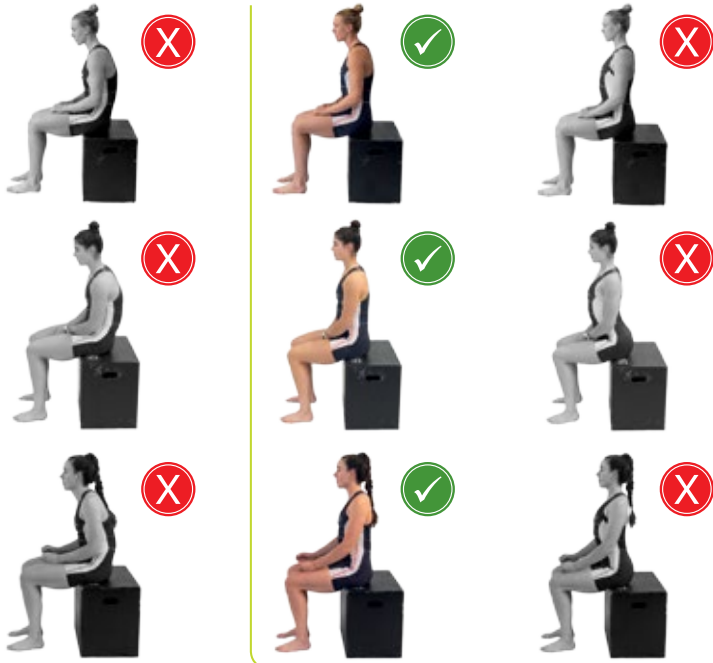
Posture is important for both optimal force transfer and injury minimisation.

Research suggests that a neutral lower back position and a relaxed curved upper back position are ideal.

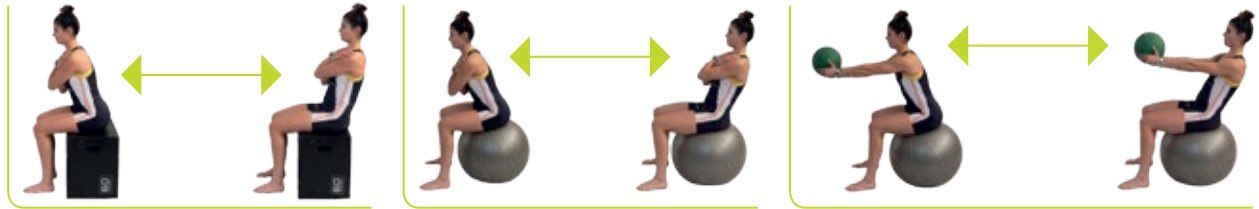
Athletes postures can be seen to vary widely within these parameters, but it is important to ensure that this optimal position is maintained throughout the row.

These exercises are designed to assist finding this optimal position and transitioning this onto the erg and into the boat.

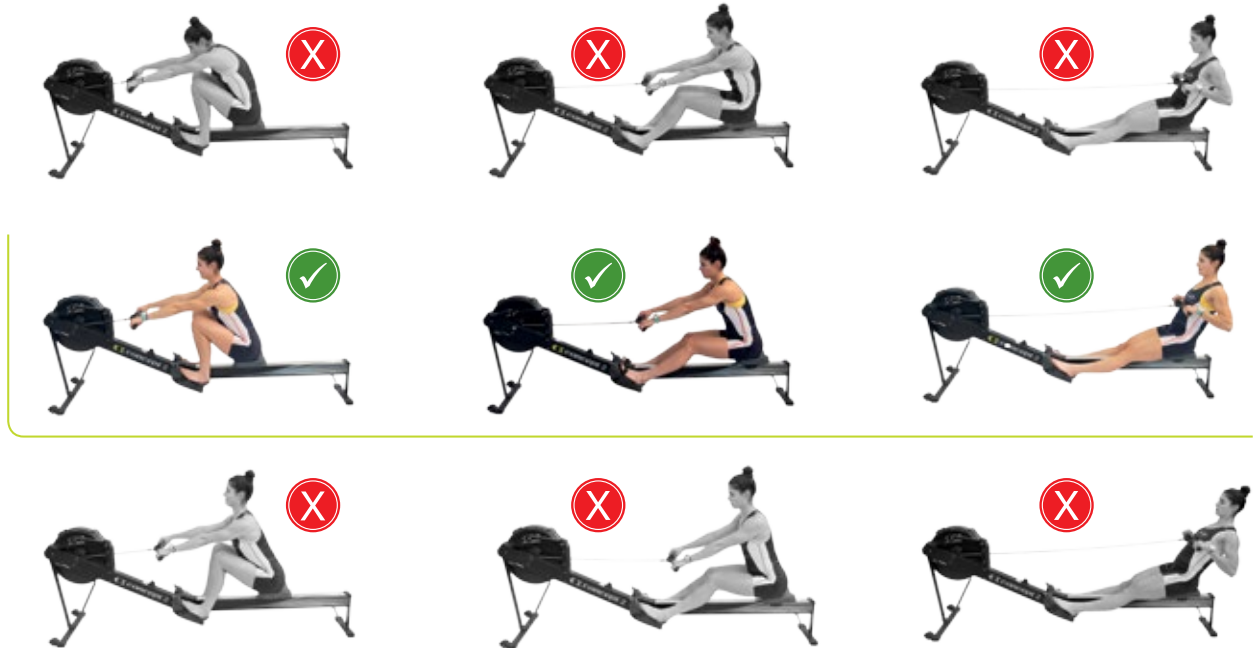
IDENTIFY A NEUTRAL POSTURE



MAINTAIN A NEUTRAL POSTURE WITH MOVEMENT



TRANSITION A NEUTRAL POSTURE ONTO THE ERG AND INTO THE BOAT



Remember to move onto **STRETCH, Stretching Essentials: Part 4** after exercise.