

CORE ESSENTIALS

The aim of this poster is to assist in the development of athlete core strength endurance. We see a strong 'core' in rowing as the ability to maintain an optimal trunk position throughout long on-water and ergo sessions, whilst effectively transferring force from the footplate to the handle through the body and trunk.

We recommend that you select a combination of static and dynamic exercises from **EVERY** section, aiming for **45 to 90 seconds** per exercise. We also advocate multiple sets of **6-8 minute blocks**, as this will replicate the time required to maintain optimal core function during a race. These exercises can be incorporated towards the end of a resistance training program or as a standalone session.

We recommend you undertake approximately **two 30-40 minute** Core Essentials sessions per week.

