

MOBILISE

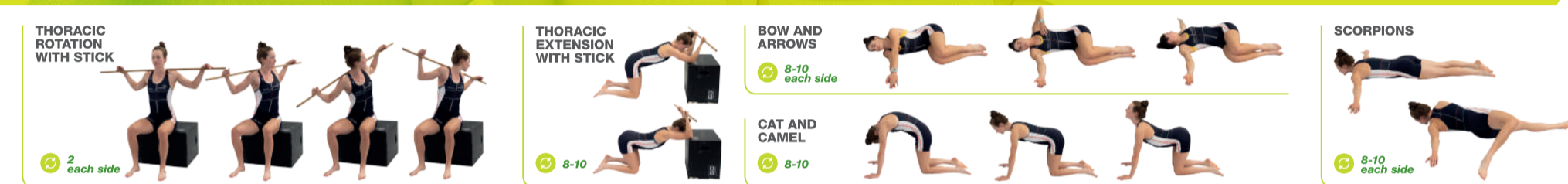
1 Warm Up Essentials

Start your warm up with 5-10 minutes of cardiovascular exercise, then perform a **minimum of three mobility exercises** before getting on the water.

WHOLE BODY MOBILITY



SPINE MOBILITY



HIP & ANKLE MOBILITY



ACTIVATE

2 Warm Up Essentials

Perform a **minimum of three activation exercises** before getting on water.

SCAPULAR STABILISERS



POSTERIOR CHAIN



STRETCH

4 Stretching Essentials

Perform a **minimum of 3 stretches** after exercise.
• Hold for at least 30 seconds • Aim for 4 repeats each side

HAMSTRINGS



GLUTES



LUMBAR SPINE



HIP FLEXORS & QUADS



FOREARMS



CALF



LATS & PECS



PATTERN

3 Warm Up Essentials

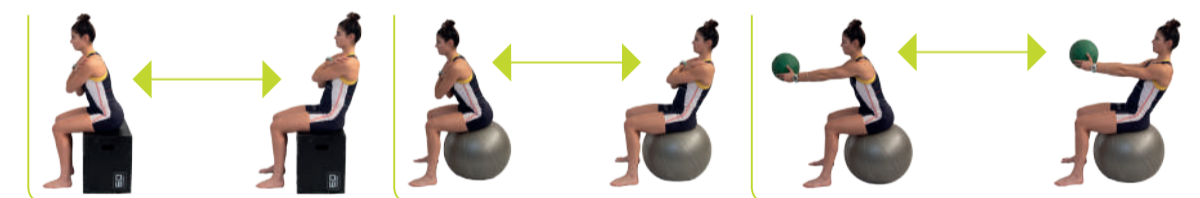
Posture is important for both optimal force transfer and injury minimisation.

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.

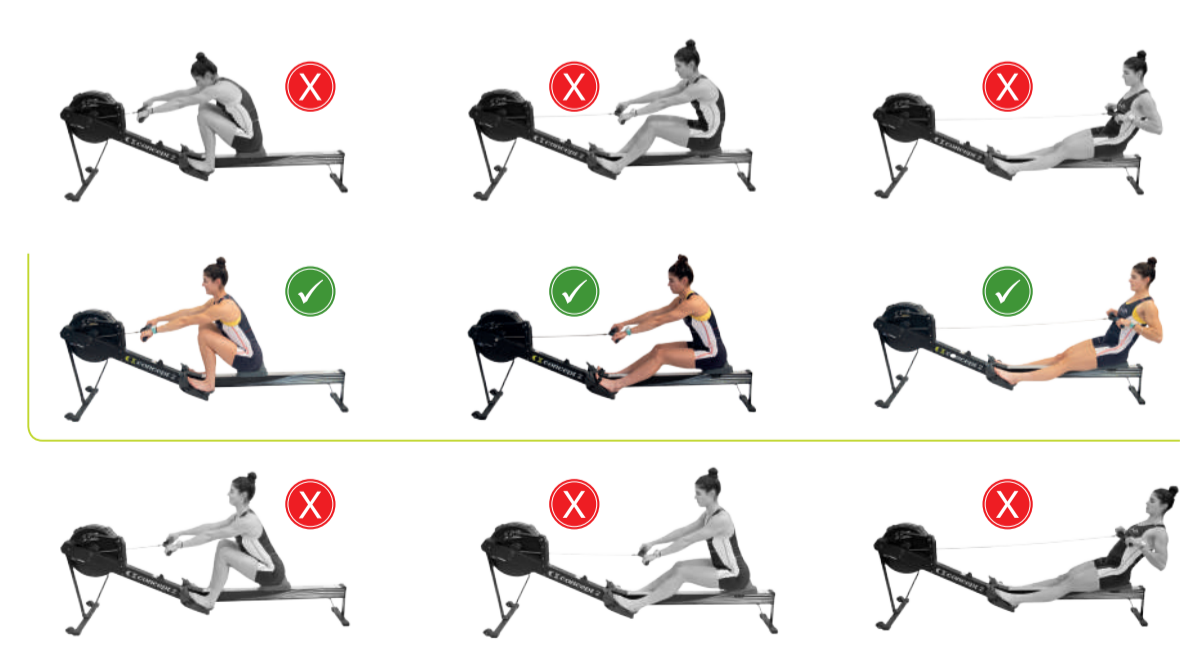
IDENTIFY A NEUTRAL POSTURE



MAINTAIN A NEUTRAL POSTURE WITH MOVEMENT



TRANSITION A NEUTRAL POSTURE ONTO THE ERG AND INTO THE BOAT



Remember to complete some exercises from all 3 **Warm Up Essentials** sections before getting on the water... and follow the **Stretching Essentials** after exercise to optimise your flexibility before your next session.