

DYNAMIC WARM UP FOR ROWING

(UPDATED 28/06/10)

Warming up prior to rowing ensures better performance from the beginning of the rowing session, improves flexibility and reduces injury risk.

A dynamic warm up is one of the best methods of warming up prior to rowing.

Summary

1. Jog 5 - 10min (could be bike)
 - a. include fwd / back / side / side
2. Bow & Arrow
3. Modified Mecca Stretch
4. Reach up / Reach through
5. Thoracic stick rotations –
 - a. Flat
 - b. With flexion
6. Thoracic stick extensions
7. Thoracic stick side bends
8. Leg swings
9. Arabesque
10. Star Jumps
11. Ball catch / throw
 - a. Front
 - b. Twist (rugby pass)
12. Push Ups
13. Squat Jumps

Notes

Any additional exercises should be fitted in throughout the warm up so that you are always finishing on explosive dynamic activities.

Passive stretching if required should be added in early in the warm up, ideally straight after the running.

Ergometer should also be included, but should be done after the full warm up.

The total warm up should take roughly 15 minutes.

Detailed explanation

1. Jogging 5-10 mins

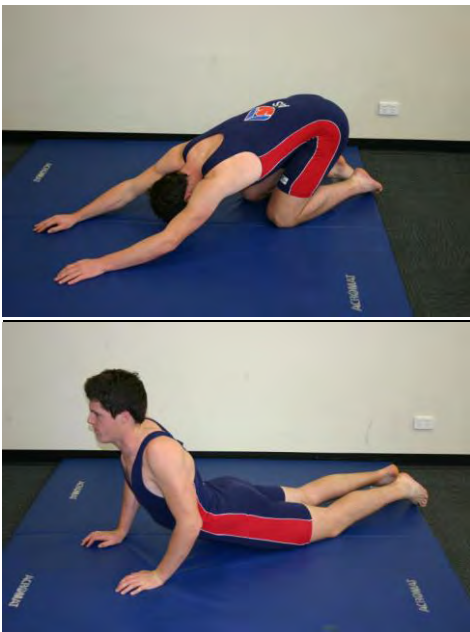
Jogging would be the preferred choice due to the rotation and total body movement involved. Try to include sideways and backwards running as well as some cross overs similar to a team sport warm up. The stationary bike can be used if you can't run, but is clearly not as good a choice. The ergometer should not be used for this stage of the warm up as you will be placing your lumbar spine straight into loaded flexion without an appropriate warm up.

2. Bow and Arrow



Lying on your back with knees bent up and arms out in the crucifix position. Place your right hand on top of your left arm. Slide your right hand along the left arm, reaching out as far as you can. This will generate a rotation in your upper back and shoulders. Keep your pelvis flat on the floor. Repeat 10-15 times each side.

3. Modified Mecca Stretch



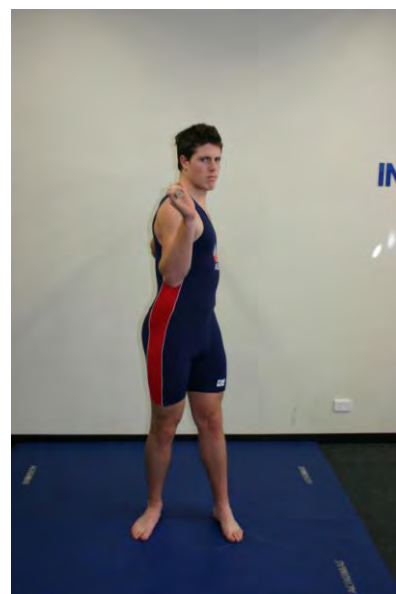
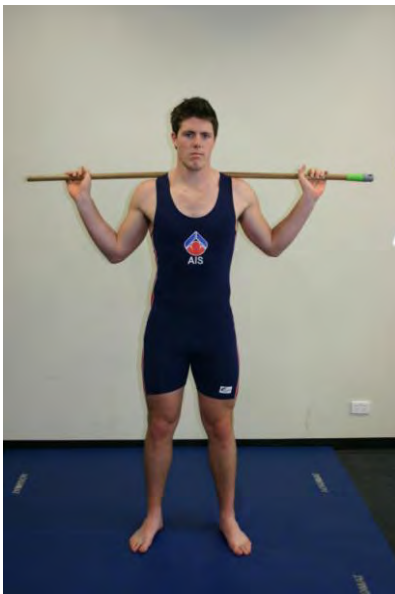
Start on all fours. Rock back onto your heels so that your lower back flexes. To get a good stretch your hands will need to be far enough out to the front. Hold this position for 2-3 seconds. Then rock forward and allow your stomach to drop towards the floor, keeping your arms straight. Your lower back will drop into an arched position. Hold this position for 2-3 seconds. Repeat 10 times.

4. Reach Up / Reach Through



Kneeling on all fours, reach up as far as you can towards the ceiling with one arm. Hold this position for two seconds, then reach down and through as far as you can away from the midline. Hold this position for two seconds. Repeat this 10-15 times on each arm.

5. Thoracic Stick Rotations



a. Flat

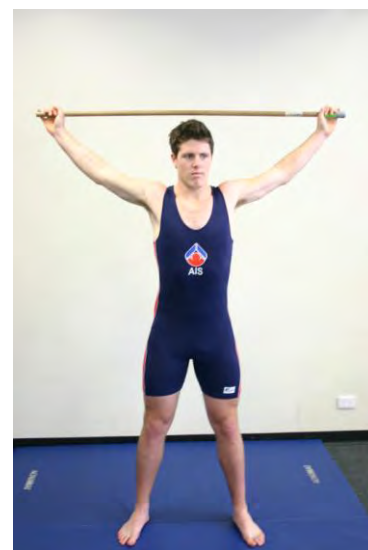
Place a broom stick across your shoulders, holding onto it with both hands. Have your feet about shoulder width apart. Twist the broom stick to the left then right in a horizontal plane. Do this with a general rhythm and moderate speed. Do not jerk or force into end of range. Repeat 15-20 reps.



b. With Flexion

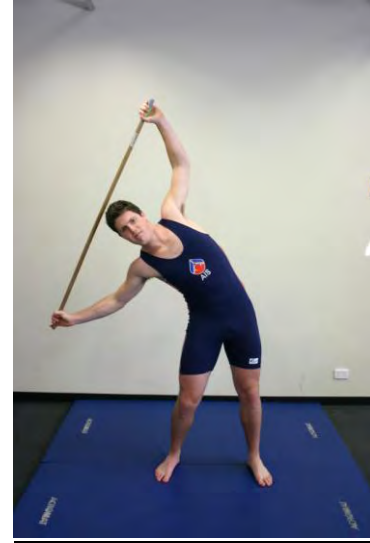
This exercise is basically the same as the exercise above. Instead of twisting along the horizontal plane, add in some flexion as you twist. So imagine that you are twisting towards your opposite foot. Do this with a general rhythm and moderate speed. Do not jerk or force into end of range. Repeat 15-20 reps.

6. Thoracic Stick Extensions



Grasp the broom stick with hands further apart than shoulder width. Start with the broomstick across the front of your waist. Take the broomstick forward and above your head, as far back as you can. It is good to generate a bit of low back extension as well at this point. Then return to in front of your waist. Do this with a general rhythm and moderate speed. Do not jerk or force into end of range. Repeat 15-20 reps.

7. Thoracic Stick Side Bends



Grasp the broom stick overhead with hands further apart than shoulder width. Bend to one side, then the other. Do this with a general rhythm and moderate speed. Do not jerk or force into end of range. Repeat 15-20 reps.

8. Leg Swings



Use the broomstick, bench or a wall for balance. Keep an upright posture.

a. Forward / Back

Swing one leg forwards and backwards as far as is comfortable with a gentle rhythm. Repeat 10-15 reps each side.



b. Side / Side

Swing one leg side to side away from your body and then across your body as far as is comfortable with a gentle rhythm. Repeat 10-15 reps each side.

9. Arabesque



This is an excellent dynamic stretch for the hamstrings. Balancing on one leg, lean forward to touch the floor with the opposite hand. Your back should remain flat, so that you are hinging from the hips. Do not twist. The non weight bearing leg stays straight and in line with your trunk as you bend. The knee of the weight bearing leg is allowed to bend slightly to help maintain form. Repeat 10 reps each leg.

10. Star Jumps



Starting with legs together and arms by your side, jump your legs apart whilst at the same time bringing your arms to the side overhead. Repeat 15 reps.

11. Ball Catch / Throw



a. To the Front

This exercise is done with a partner. Stand facing each other roughly 3 metres apart. Using preferably a light medicine ball, throw backwards and forwards using a direct catch / throw in front of your body. Repeat 15 times.



a. To the Side

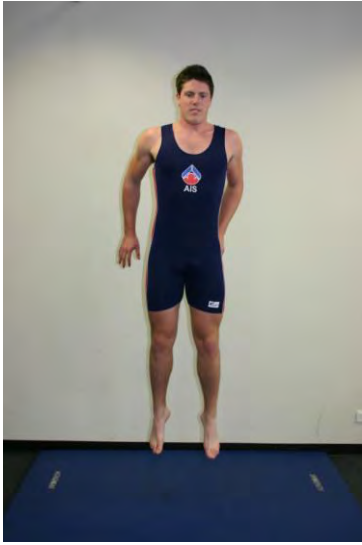
This exercise is a direct progression from the above exercise. This time catch and throw to one side, as in a rugby pass. Pass to your partners opposite side. Repeat 10 passes each side.

12. Push Ups



Perform 10 normal push ups. Make them quick and explosive, whilst maintaining good body alignment, with full depth. Progress to push ups with a clap for a challenge.

13. Squat Jumps



Perform 10 normal squat jumps. Make them quick and explosive. Ensure full depth, good posture and aim for good lift off of the feet during the jump.

Make sure that there is minimal time from the end of the warm up until the time of getting on the water so that the body does not cool down.