

Notes :

1 Introduction



Begin every training session with a dynamic warm up to prepare your body. It should take less than 15 minutes. It is important to include mobility and muscle activation exercises to improve your performance and reduce risk of injury. Do not skip the warm up before starting the main part of your exercise session. Perform the exercises in sequence.

2 Spinning bike



Light cardio for 5 minutes. Adjust the seat height so your knees are slightly bent while at the bottom of the cycle. You can also use an indoor rower, stepper, or treadmill.

Duration: 5' Tempo: Easy

3 Dorsiflexion stretch



Ankle joint mobility: Start in a half-kneeling position and place a stick upright on the outside part of your front foot. Lean forward, bringing your knee on the outside of the stick. Do not raise the heel of your front foot as you lean forward. You should feel the stretch in the calf of the front leg. It is better to kneel on a soft surface for comfort.

Sets: 1 Reps: 10 Freq: each leg

4 Leg swings



Hip joint mobility: Put one hand on a wall to help your balance and swing your leg front to back, moving from the hips. Maintain a good upper body posture during the movement. Swing forward but squeeze the glutes and hamstrings to bring the leg down instead of forcing the swing. Do not arch the lower back as you bring the leg posterior.

Sets: 1 Reps: 10 Freq: each leg

5 Lateral leg swing



Hip joint mobility: Support yourself with your hands on the wall and swing the leg laterally. Keep your lumbar spine stable and facing forward.

Sets: 1 Reps: 10 Freq: each leg

6 Hip extension, knee bent



Glute activation: Start on all fours with your hands under the shoulders and your knees under your hips. Keep the knee of the exercising leg bent and push the heel up toward the ceiling. Do not arch the lower back as you perform the exercise.

Sets: 1 Reps: 10 Freq: each leg

7 Hip abduction in four point

Gluteus medius activation: In a four point position with your hands directly under the shoulders and the knees under the hips, slowly lift one knee to the side to 90 degrees, keeping your chin in, shoulders back and pelvis stable. Lower the knee and repeat.



Sets: 1 Reps: 10 Freq: each leg

8 Glute bridge

Glute activation: Lie on your back with your knees bent. Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs. Slowly return to the initial position and repeat.



Sets: 1 Reps: 10

9 Abdominal plank

Brace Glutes-Abs-Lats: Start in all fours, then prop yourself up on your forearms and toes, with your chin tucked in. Lift up your body, creating a straight line with your body. Maintain the position without arching the lower back.



Sets: 1 Hold: 30 sec

10 Band pull apart



Mid-back activation: Stand with the arms in front of you and holding a band between your hands. With the band already taut in the starting position, move the arms horizontally backward with the palms facing down. Return to the starting position and repeat. Keep the chin neutral during the exercise and always do this exercise with a controlled movement.

Sets: 1 Reps: 10

11 Push-up with protraction



Serratus Anterior activation: In a push-up position, lower the body then extend the elbows to push yourself back up and protract the scapula as to push yourself farther from the floor. Do not drop the head as you lower yourself. Do not arch the lower back.
Modification: Wall push-up with protraction.

Sets: 1 Reps: 10

12 Squat and shoulder flexion



Lower body activation: Start with a stick in your hands, your arms extended at shoulder height and your hands wider than the shoulders. Your feet should be at shoulder width. Squat down and raise the stick overhead at the same time. Lower the stick as you squat up. Keep the spine in neutral and the heels on the ground.

Sets: 1 Reps: 10

13 Faster Masters Rowing Disclaimer



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