

This Workout will breakdown the related skeletal (joint) movements and target the relevant muscle groups involved.

**Rowing requires these basic skeletal or joint movements:**

Shoulder movements: Extension, adduction and downward rotation.

Arm movements: Flexion and extension (of both elbow and wrist)

Back movements: Spinal joint rotation (lower)

Hip movements: Flexion and rotation.

Leg movements: Flexion and extension (knee)

*Note: Rowing incorporates four cycles to complete one paddle stroke (catch, power, exit and recovery phases). Emphasis should be placed on the back muscles and not the arms, as fatigue will set in. Correct technique is vital to ensure endurance and to reduce injury.*

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**CHEST**

| EXERCISE                   | SETS  | REPS   | REST TIME | LOAD  |
|----------------------------|-------|--------|-----------|---|
| PUSH UPS                   | 2 - 3 | 8 – 10 | 90 SEC    | BODY WEIGHT + RESISTANCE BANDS (CHOOSE A VARIATION) |
| STANDING CHEST FLY         | 2 - 3 | 8 - 10 | 90 SEC    | RESISTANCE BANDS                                    |
| EXERCISE BALL SEATED PRESS | 2 – 3 | 8 - 10 | 90 SEC    | RESISTANCE BANDS + FITNESS BALL                     |

**BACK**

|                      |       |        |        |                            |
|----------------------|-------|--------|--------|----------------------------|
| SEATED BACK ROWS     | 2 – 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS           |
| HYPERTENSION         | 2 - 3 | 8 - 10 | 90 SEC | BODY WEIGHT + FITNESS BALL |
| WIDE GRIP PULL BACKS | 2 - 3 | 8 - 10 | 90 SEC | RESISTANCE BANDS           |

## LEGS

|             |       |         |        |                  |
|-------------|-------|---------|--------|------------------|
| LUNGES      | 2 – 3 | 8 – 10  | 90 SEC | BODY WEIGHT      |
| LEG CURLS   | 2 – 3 | 8 – 10  | 90 SEC | RESISTANCE BANDS |
| CALF RAISES | 2 – 3 | 15 - 20 | 90 SEC | BODY WEIGHT      |

## SHOULDERS

|                    |       |        |        |                  |
|--------------------|-------|--------|--------|------------------|
| SIDE LATERAL RAISE | 2 – 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS |
| SHRUGS             | 2 – 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS |
| UPRIGHT ROWS       | 2 - 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS |

## ARMS

|                               |       |        |        |                  |
|-------------------------------|-------|--------|--------|------------------|
| ALTERNATING BICEP CURLS       | 2 – 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS |
| ACROSS BODY TRICEP EXTENSIONS | 2 – 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS |
| WRIST CURLS                   | 2 - 3 | 8 – 10 | 90 SEC | RESISTANCE BANDS |

## ABS

|                              |       |         |        |                            |
|------------------------------|-------|---------|--------|----------------------------|
| CRUNCHES                     | 2 – 3 | 15 - 20 | 90 SEC | BODY WEIGHT                |
| OBLIQUE CRUNCHES             | 2 – 3 | 15 – 20 | 90 SEC | BODY WEIGHT                |
| EXERCISE BALL OBLIQUE TWISTS | 2 - 3 | 15 - 20 | 90 SEC | BODY WEIGHT + FITNESS BALL |

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### YOUR WORKOUT ESSENTIALS:

Please include a Warm up and Cool down into this Workout.

These are recommended workouts to target each muscle group.

This Workout assumes a base level of strength. Please adjust to suit your personal abilities.

Reduce the Sets and Reps to suit your needs and gradually increase from that level.

You can alternate to other workouts as you progress and become accustomed to each.

Always ensure a strong firm posture and position throughout your movements.

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