

# Advanced Flexibility

## Latissimus stretch

**Aims:** Posterior shoulder stretch.

**Method:** Standing with the spine and pelvis in 'neutral'. Cross your straight arm in front of your chest with the palm facing outwards. With your opposite arm, gently increase the stretch around the back of the shoulder blade whilst maintaining the level of the shoulder girdle and head position. Hold for 30 seconds, repeat with opposite arm.

**Faults:** Letting your shoulder rise up. Shoulders should be level.



## Shoulder medial rotation stretch

**Aims:** Stretch lats and shoulder

**Method:** Kneel on all fours, stretch out the arms straight in front with the palms turned upwards. Tuck the pelvis under and exhale as you rock back on to your heels. Keep your neck relaxed so the forehead can rest on the ground. Relax in this stretch for 30 seconds.

**Faults:** Knees kept apart, bending the back as opposed to letting the chest go to the thigh.

**Tips:** Arms should be parallel. Majority of the stretch should be felt in the laterals not the back.



## Deep squat stretch

**Aims:** Lumbar spine control with hip flexion.

**Method:** Stand with feet slightly apart. Maintain weight on flat feet as you squat as deeply as possible, pushing your hips backwards and allowing the arms to stretch forwards to balance. The knees should not move forwards over the toes.

**Faults:** Letting the back bend. The back should remain straight. Flexibility is needed at the ankles. Feet should be in the footplate position i.e. as in the boat.

**Tips:** This prepares the position for the catch.

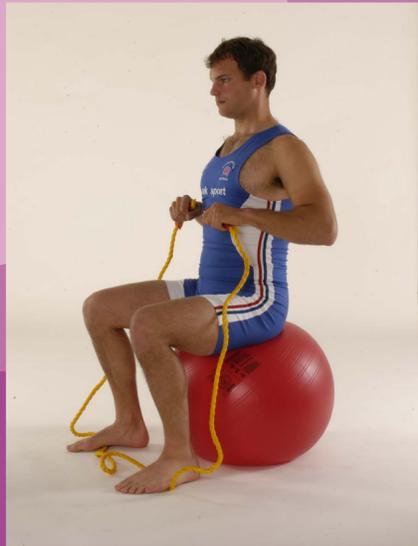


# Advanced

## Sitting on ball, bungee catch position

**Aims:** Easy lift and quick movement, replicating the final movements of addressing the catch.

**Method:** Sit on a gym ball with bungee under the feet. Bungee should be easy/soft. Rock over and arms extended, lift as if taking the catch and briefly hold.



**Faults:** This is a quick movement not a power movement. Correct sequencing is essential.

**Tips:** Roll the ball slightly. Visualise the catch movement.



## Curl to catch position **Aims:** Abdominal strengthening with correct pelvic control.

**Method:** Begin lying down, knees bent and feet on the floor. Curl through the abdominals and continue the curl with the pelvis rotating until you are in a sitting up position. The lumbo-sacral junction should remain in neutral throughout the movement.

As an advanced exercise this can be done holding a weight above the head throughout the complete movement.

**Faults:** The lumbar spine should not be flexed or slumped throughout the movement or at the finish. When carrying a weight – the weight itself should not be used as a pendulum to allow the rower to bounce themselves up to the finish position.

**Tips:** Faults are common if there is an inability to hold the posture throughout. This is an essential exercise as it is associated with rock over



## Abdominals, alternate leg straightening

**Aims:** Abdominal control.

**Method:** Pelvis in neutral, both hips at 90°, both knees at 90°. Slowly and without changing position in the back or pelvis straighten one leg. Maintain breathing

pattern. When the leg is straight and horizontal to the floor, return it to the starting position and repeat with the other leg – again keeping control of the abdominals, pelvis and lumbar spine.

**Faults:** Letting the pelvis rock – this can be felt as the gap under the spine to the floor increases. This indicates poor abdominal control.

**Tips:** To be done very slowly with controlled breathing.



## Abduction gluteals side with weights

**Aims:** Gluteal strengthening.

**Method:** Lie on your side with ankle weights, make sure the pelvis does not move. Raise the uppermost leg and hold this position.

**Faults:** The back bends if the waist changes shape.

**Tips:** Place the upper hand on the pelvis to make sure it does not move.



## All fours rotation with weights **Abdominal curl, side rotation**

**Aims:** Rotation strengthening/shoulder stability.

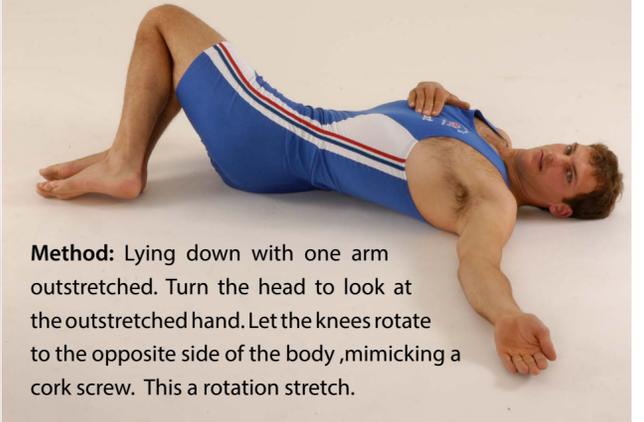
**Method:** On all-fours with a weight held in one hand, rotate the thoracic spine and raise the arm to the most elevated position. The other shoulder should control the movement.



**Faults:** Sinking on the other shoulder/too much movement at leading shoulder and not including thoracic rotation.

**Tips:** Control at the abdominals and stability at the hip.

**Aims:** Long back stretch with little force.



**Method:** Lying down with one arm outstretched. Turn the head to look at the outstretched hand. Let the knees rotate to the opposite side of the body, mimicking a cork screw. This is a rotation stretch.

**Faults:** Too vigorous.

**Tips:** To be done slowly and with controlled breathing. At the maximum stretch breathe out to gently enhance the stretch.

## Tied off ergo at mid position

**Aims:** To replicate the hang sensation at the mid position of the power phase.

**Method:** Coach sets the stroke mid position and ties off the ergo. Press through the legs and engage the gluteals.

Press through the feet and hang from the shoulders. Raise the buttocks off the seat and hold, engaging the abdominals, gluteals and quads.

**Faults:** Letting the spine flex and sag.



## Leg raising over bench with weights **Aims:** Gluteal activation / strengthening.



**Method:** Stabilise the pelvis on a high bench. With ankle weights on, press the thigh up and back. Do not move the pelvis itself or let the spine bend. Contract the gluteals on the moving leg to hold the thigh up either with a bent or straight leg.

Make sure the supporting leg and abdominals are engaged.

**Tips:** This is a thigh on pelvis movement not pelvis on spine. You must engage the gluteals or the hamstrings will become over active which is not desirable.

# Advanced Strengthening

## Side Plank **Aims:** To challenge lateral stability utilising the lateral abdominal wall and include more localised work for both balance and the gluteals.



**Method:** Begin lying on your side. Engage the abdominals and the gluteals throughout the whole exercise. Press up into a position holding a side on posture on an

outstretched arm. In the side plank position and stable, with engagement of the abdominal wall and gluteals, lift the top leg away from the lower leg and hold in the abducted

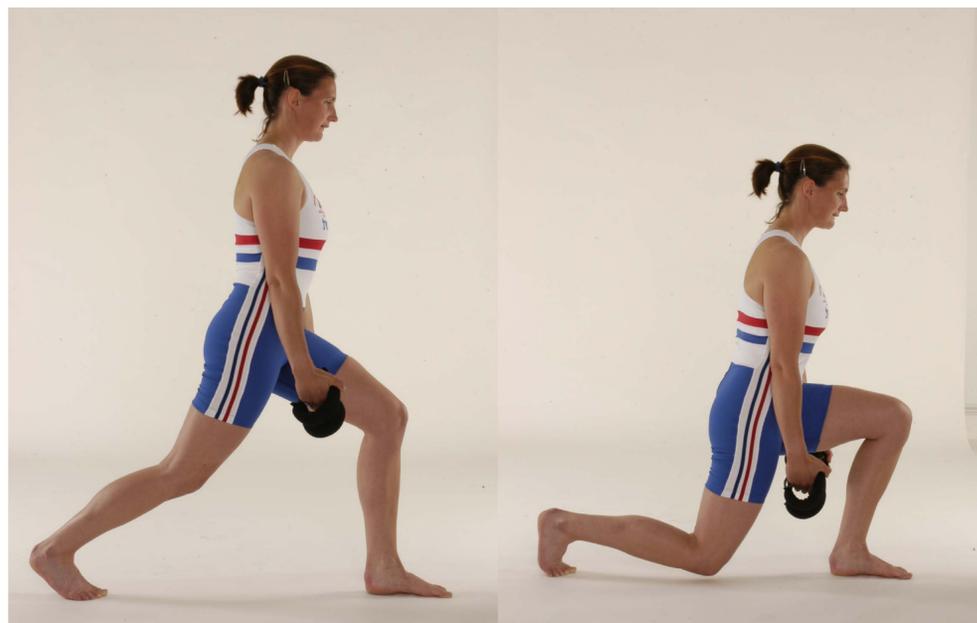
position. Do not let the body sag in the middle. Your head should remain in line with the trunk throughout the exercise. Do

not drift forwards or backwards in the exercise. Repeat a number of times then swap to the other leg/side.

**Faults:** Letting the body sag in the middle. Not engaging the abdominals and gluteals through the whole exercise. Letting the supporting shoulder sag.

**Tips:** Use the hand and imagine pressing the hand through the floor.

## Lunge with weights **Aims:** To begin to move dynamically with pelvic and abdominal control with increased resistance.



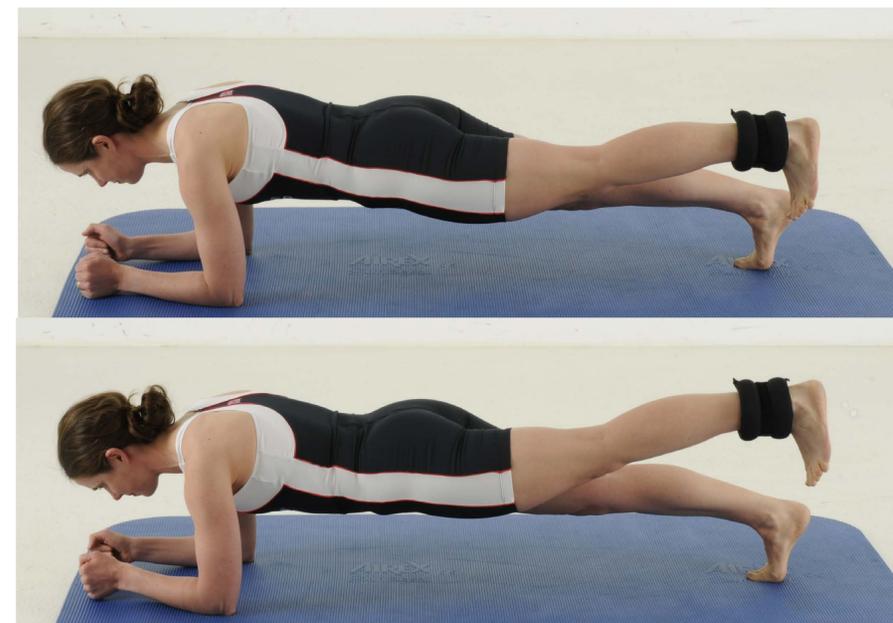
### **Method:**

Hold a weight in each hand then go to step standing – one foot stepped in front of the other. Engage the lower abdominal wall and begin to transfer all your weight onto the forward leg and foot. Lower yourself down, increasing the weight on the front foot. Keep moving forward bending down both the front and trailing leg. The pelvis should carry the lumbar spine forwards and the back should not bend. This can be done as a dynamic movement – initiating the exercise from a standing position so that the movement is a step forward and then a drop down. The return in one movement should then be from the downward lunge position, back to standing with feet side by side. Return to the starting position by pressing through the front leg. The back should not bend during this movement.

**Faults:** The rower goes soft and flops over the front leg or to one side, indicating poor abdominal and gluteal activation leading to poor pelvic control.

**Tips:** Can be advanced by increasing the resistance with more weights; by increasing the length of the lunge step; by varying the direction of the lunge step forwards, sideways or backwards.

## Plank single leg elevating **Aim:** To enhance lower abdominal control with correct scapula/shoulder positioning.



**Method:** Hands shoulder width apart. On elbows – make a straight line between the shoulders and the feet. Your head should remain in line with the trunk throughout the exercise. To achieve this engage the abdominals, quads and shoulder muscles. Once into the suspended plank position, raise the straight leg from the hip joint. Do not move the pelvis – the action should be one of thigh on pelvis - not pelvis on back. There should be no rotation within the spine.

**Faults:** The hands are clasped together, the scapula are seen to wing upwards, the tummy drops down or the pelvis is seen to alter its position when the leg is being lifted or is held up.

**Tips:** Good for abdominal control and breathing control.