













Core Exercises for Rowing

Compilation and Description by Paul Fuchs & Sharon Hallahan for Blood Street Sculls & LOLHS Crew

<p>1. Pushups Keep back straight, may be done from the knees if required</p>			
<p>2. Lunge All weight on forward leg, rear leg for balance only. Touch back knee to ground. Knee should be over toes.</p>			
<p>3. Bridging Rotate pelvis to get lower back on the floor before starting.</p>			<p>Lower the leg out in space towards the floor without touching and hold position. Dont allow hip to drop. Keep hips flat.</p>
<p>4. Deadbug Opposite of Superman. Opposite arms and legs go down to floor</p>			
<p>5. Planks Tight abs, rotate pelvis to have straight lower back; do left, right, center</p>			
<p>6. Jumpies Drop your butt, keep your back straight, hands touch the floor, jump up explosively. Land on your toes to absorb impact.</p>			

7. Bicycle Kicks
Tight abs, rotate pelvis to have straight lower back



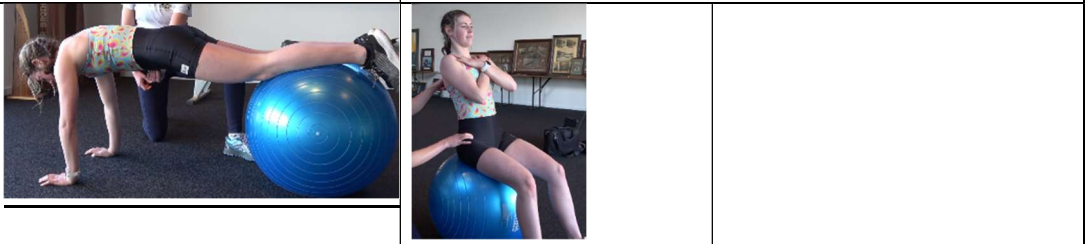
8. Superman
Tight abs, rotate pelvis to have straight lower back



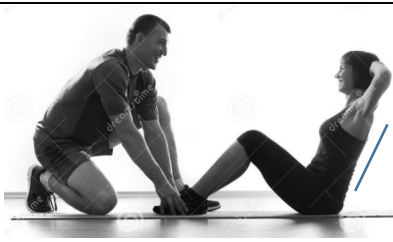
11. Wipers
Upper back remains flat to the floor. Legs swing full arc side to side



12. Ball Option
Some of the exercises can be done with a ball to involve tertiary muscles for stability



13. Sit ups
Start sitting up, lower back straight, lean back only until you can't recover, come back up. Holding feet is optional.



14. Half Standing Chop
Move ball from lower left to top right, repeat. Switch sides.



15. Great Circle
Knees slightly flexed. Large circles from below knees around behind head with straight arms. Keep abs engaged continuously

