

Training Program  
SHS Girls' Crew

The following program is designed to supplement your rowing workouts. It is a circuit of exercises to strengthen the body with a particular emphasis on the core and trunk musculature. All exercises in the *Gym Circuit* should be performed in sets of 12 with no rest until the circuit is completed. All exercises in the *Floor Circuit* should be performed in sets of the numbers in the parentheses with no rest until the circuit is completed. Weights used for each exercise range from no additional weight, in exercises such as the *Warmup & Pushup Circuits*, to whichever weight can be used to successfully complete the desired repetitions of the *Gym Circuit*.

**Workout Routine:**

- 1. Choose and complete one *Warm-Up***
- 2. Choose and complete one *Push-up Circuit***
- 3. Move to the *Gym Circuit*. Choose any 1 exercise from each underlined category (for a total of 4 exercises) and have the circuit all set up before you start. Upon completion of each trip through the circuit, you may rest up to 90 sec. Complete as many times through the circuit in 20 min.**
- 4. Move to the *Floor Circuit* and complete. Choose any 1 exercise from each underlined category (for a total of 4 exercises). Upon completion of each trip through the circuit, you may rest up to 90 sec. Complete as many times through the circuit in 20 min.**
- 5. Complete post-practice *Dynamic Stretch* routine**

Please note the first exercises of each category should be able to be performed in any home, should you not be able to train in a weight room.

For your safety, please do not begin these exercises without consultation and supervision from a qualified professional. While YouTube is a useful source to see what these exercise look like, it is not a valid source of coaching.

**Warmup**

**Warmup A:** perform 2 x  
10 X-over jumping jacks  
10 Push ups  
10 Squats  
10 Seal Jumping Jacks

**Warmup B:**

10 min. on bike w/ 2.5-5 lbs. in each hand or run w/ 2.5-5 lbs. in each hand at 50% exertion  
4 x 10 full-squat leaps as high as possible (take each rep as a single attempt at your best leap)  
\* rest of 20 sec. in between sets  
4 x 10 ¼-squat leaps as high as possible, be sure to use arm swing  
\* rest of 20 sec. in between sets

**Warmup C:** perform 3 x

15 sec/leg Sampson Stretch  
10 Situp  
10 Supermans/hyperextension  
10 Dips

## **Pushup Circuit**

### **Pushup Circuit A** (10-15 reps each)

Hands at chest  
Wide Hands  
Med Ball  
Offset Left  
Offset Right

### **Pushup Circuit B** (10-15 reps each)

Dolphins  
T Stabilizing Left  
T Stabilizing Right  
Opp. Elbow to knee Left  
Opp. Elbow to knee Right

## **Gym Circuit (w/ weights)**

### **Power**

1' Burpee                      High Pull                      Dumbbell Swing                      Wall Ball

### **Pull**

Pull up Variation                      Bent Row/1leg                      Pullover/pulldown/rollout  
Jump/Kip/Standard                      Dumbbell pullover or lat pulldown

### **Push**

Push up Variation                      Bar press                      1 arm press  
Standard/Medball...                      Bench/incline                      alt. dumbbell/Lying Floor Press/Lo - Hi Cable Wood Chop

### **Balance**

1 leg Squat                      1 leg RDL                      Step up Variation  
Front/Lateral

## **Rest up to 10 min. and move on to Floor Circuit**

## **Floor Circuit**

### **Floor Core**

Crunch (15)    Russian Twist (30)    Superman (15)    Oblique Crunch (30)    Reverse Crunch (15)

### **Leg Circuit**

Jump Squat for Height (10)                      Bodyweight Squat (20)                      Lunge/Split Squat (L/R 20 total)

### **Pushup Circuit**

Offset Right (6)                      Offset Left (6)                      T-Stab. Rt (4)    T-Stab Lt (4)    Dolphins (5)

### **Plank Series**

Standard (30 sec.)    Elbow touch side (5)    Swimmer (10)                      Elbow Touch 2<sup>nd</sup> side (5)  
Or Swinging gate                      or swinging gate