

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 2nd side (5)
Or Swinging gate or swinging gate