


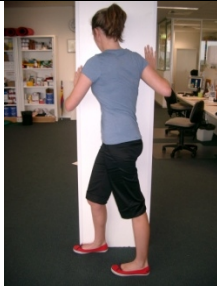
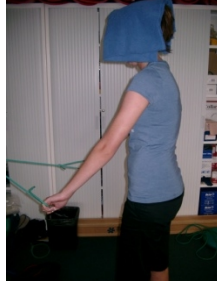
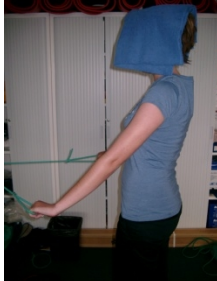

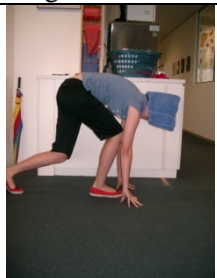
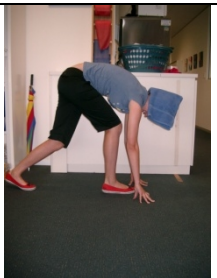
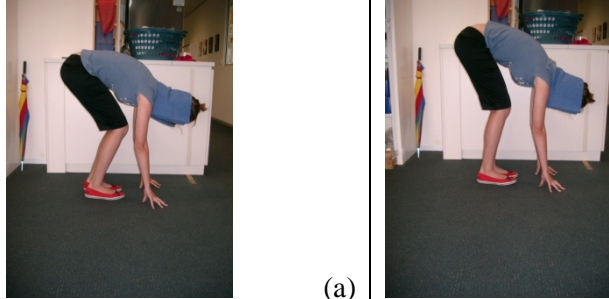
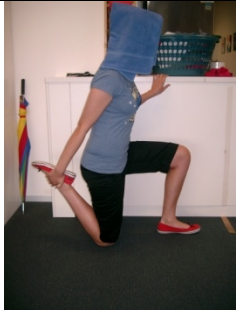



NSWIS Rowing Warm Up Routine

<p>1. Thoracic Extension</p> 		
<p>Start on all fours</p>	<p>Slide hands forward whilst dropping chest towards floor</p>	<p>Rock hips back towards heels whilst keeping hands in original position and hold for 1 minute</p>
<p>2. Thoracic Rotation</p>		<p>Place right foot against wall and left foot slightly to the rear of right. Keep pelvis facing the front and rotate upper body to the right, pushing right hand into wall. Hold for 40 sec then repeat for other side.</p>
<p>3. Shoulder Blade Retraction</p> 		
<p>Place band around pole or hook and stand in the above position with shoulder blades forward</p>	<p>Retract shoulder blades</p>	<p>Pull arms out and back until level with shoulders. Let arms return to the start position and let shoulder blades slump forward. Repeat from the start x 20</p>
<p>4. Hamstring/Glut Stretch - Single</p>  <p>(a)</p>	 <p>(b)</p>	<p>Start with right foot forward (a) and fingers touching the floor. Attempt to straighten right knee (b). Hold position for 30 sec, repeat twice for each leg</p>

<p>- Double</p>  <p>(a) (b)</p>		<p>Stand with feet slightly apart and fingers touching the floor (a). Attempt to straighten legs (b). Hold position for 30 sec and repeat twice</p>
<p>5. Hip Flexor Stretch</p>		<p>Position yourself as in picture. Rotate pelvis back. Move hips and left knee forward until you feel a stretch in right thigh. Hold for 1 min. Repeat on other side</p>
<p>6. Gluteal Activation</p>		<p>Sit with feet against wall and knees slightly bent. Gently push feet into wall by activating gluteal muscles. Use thumb to make sure hip flexors do not switch on. Do 20 x 3 sec pushes</p>

Questions:

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