

# AUSTRALIAN ROWING TEAM

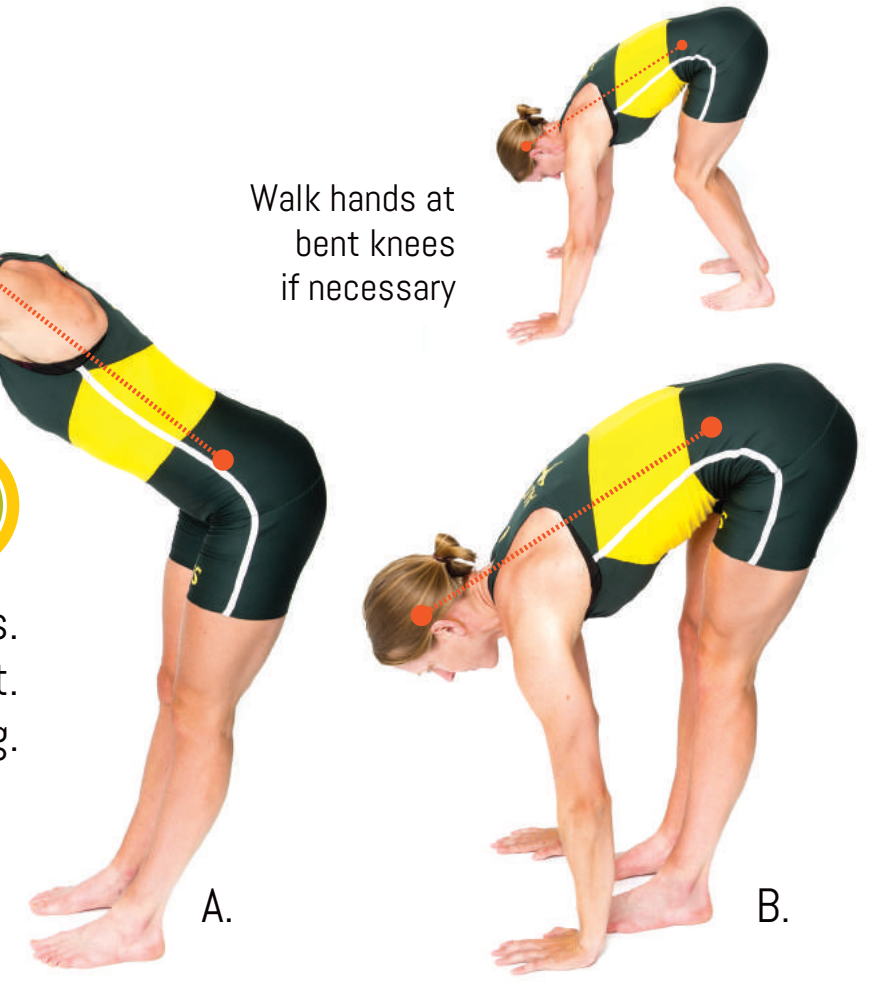
HAND BUILT & CRAFTED IN AUSTRALIA

## WARM UP ESSENTIALS

**1** Stand tall up on toes. Reach fingers to sky.



**2** Pivot from hips. Knees straight. Body long.



Walk hands at bent knees if necessary

**3** Body is in straight line. Strong position from hands to feet.



Push hips to sky. Strong arms, chest towards ground. Strong legs, heels towards ground.

**5** Bend elbows & lower hips. Scoop chest through arms. Straighten arms, strong body.



REPEAT PATTERN: USE OTHER SIDE

**10** Step back leg through to deep squat, fingers under feet, chest tall.



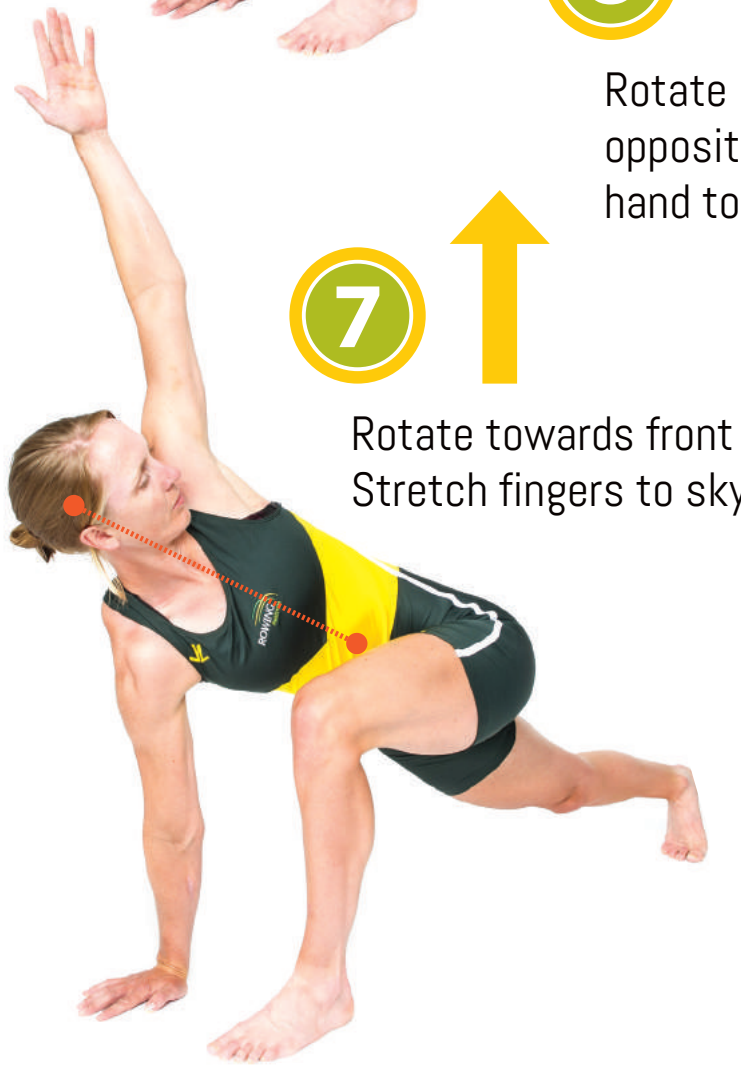
**9** Push hips back to straighten front leg.



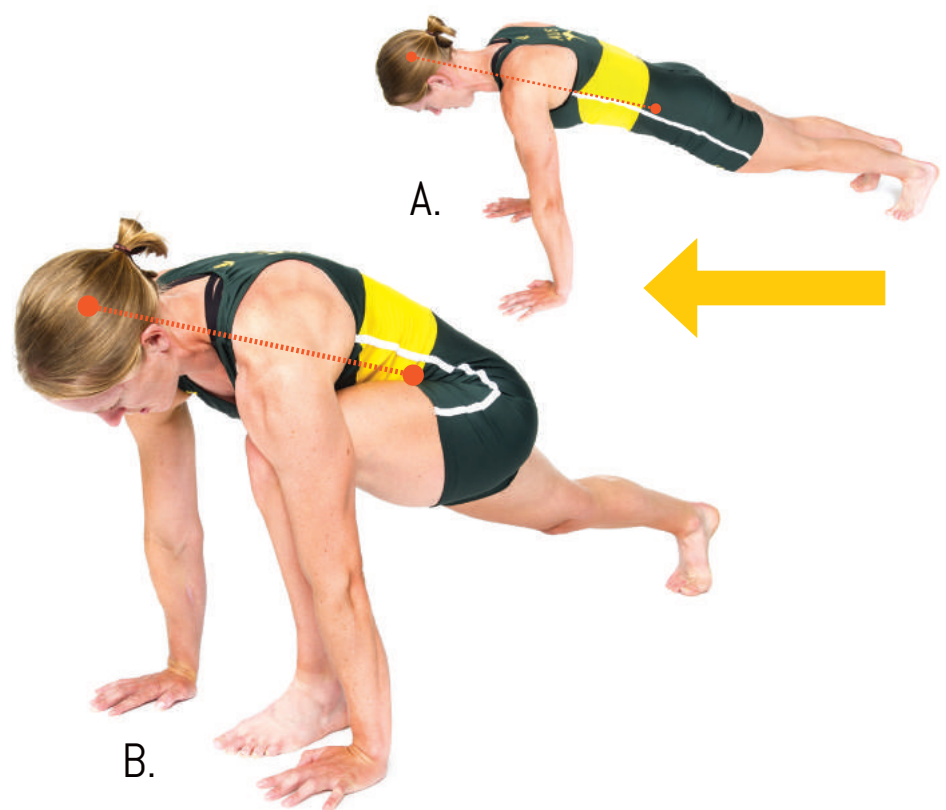
**8** Rotate and reach to opposite side. Return hand to OUTSIDE knee.



**7** Rotate towards front leg. Stretch fingers to sky.



**6** Weight through hands. Place foot outside hand. Even weight through leg.



| BE ACTIVE 10MIN  | ACTIVE WARM UP   | DO NOT COOL DOWN                                     |
|--|--|--|
| <ul style="list-style-type: none"> <li>• BIKE</li> <li>• RUN</li> <li>• SKIP</li> <li>• ERG</li> </ul> | TAKE YOUR BODY THROUGH MOVEMENTS REQUIRED TO ROW. HOLD POSITIONS 5 SECONDS. DO SEQUENCE 2-4 TIMES. | HAVE YOUR BOAT READY TO GO. KEEP MOVING ON THE WATER |

