

# Rowing Bodyweight S&C



**Note - click exercises for video demo**

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## Foam Roll - Possible Tight Areas:

<u>Back</u>	<u>Front</u>	<u>Inside/Outside</u>
Calf	Outside of shin	IT band (outside of thigh)
Hamstring	Quadriceps	Groin
Back & side of hips	Hip flexor origin	Inner thigh near knee
Side of low back	Chest	
Mid-back		
Back of shoulder/armpit		

## Warm-Up - Circuit through each group of exercises for 2 sets

Hip hinge + dowel 10	1-leg hip hinge + dowel 7/side
1/2 kneeling glute activation 5/side	Reverse lunge to overhead reach 5/side
Squat 10	Lateral squat to cross reach 5/side

## Main Component

Perform option from each category for 2-3 sets. Reps dependent on difficulty.  
Can add resistance to exercises (ex. weighted back-pack) &/or perform slow lowers/pauses to increase challenge.

Category	Option 1	Option 2	Option 3
<b>Lower Body Push</b>	Squat	Split Squat	Rear Foot Elevated Split Squat
<b>Upper Body Pull</b>	1-Arm Backpack Row	2-Arm Isometric Towel Row	Pull-Up
<b>Lower Body Lateral</b>	Clamshell	Side Lying Hip Abduction	Lateral Lunge (Stationary)
	Side Plank from Knee + Clamshell	Side Lying Hip Circles	Lateral Lunge (Stepping)
<b>Upper Body Push</b>	Incline Push-Up	Push-Up	Decline or Backpack Push-Up
<b>Lower Body Posterior</b>	1-Leg Glute Bridge	Glute Bridge + Hamstring Lower	Glute Bridge + Hamstring Curl
<b>Upper Body Postural</b>	Prone Shoulder External Rotation	Prone Y W A's	Seated Wall Slide
<b>Core - Anterior</b>	Plank or Body-Saw Plank	Deadbug	Wall Press Deadbug
<b>Core - Lateral</b>	Side Plank	Side Plank + Weight on Hip	Ball Side Crunch
<b>Core - Rotation</b>	Ball Pot-Stir Plank	Bird-Dog	Russian Twist