

MASTERS ROWING GYM CIRCUIT

Warm up, Main set (3 rounds of 4 sections A, B, C, D) and Stretching. Approx. 50-60min.

Pick level of exercise depending on ability and fitness

Warm up (5-7min total)

- Jog on spot (add high knees and bottom kicks)
- Jump jacks
- ¼-1/2 depth squats
- Leg swings
- Arm circles (start small work to large and change direction)
- Back stick rotations (upright, opposite feet, forward/backward bends)

Main Set

3 rounds each component. Complete A1,2,3 and repeat 3 times prior to moving to B. See attachment for pictures of exercise progressions.

A

1. **Squat x20** – Bodyweight/dumbbell/plate/pulsed bottom half
2. **Push up x15** – Wall/knees/toes/feet on bench decline
3. **Stand up hamstring mobility x10**

B

1. **Bridge x15 double or 10 each leg** – Double leg/double leg march/single leg with leg supported/single leg unsupported with bent knee/ single leg straight leg
2. **Dead bug x10 each side** – Bent knee heel lowers/straight arms legs/straight arms legs with swiss ball/DB dead bug
3. **Superman x 10 each side** – Leg only lift/arms leg lift

C

1. **Side Plank 45 sec each side** – Double bent knees/Bottom knee bent top straight/Feet side plank/Top leg lift
2. **Front Plank 45 sec** – Knees, Toes, Toes and hands, Toes one leg lift
3. **Archer mid back mobility x8 each side**



D

1. **Lunge x15 each leg** – Walking/back lunge/forward lunge/bottom pulses x20 each leg/weighted
2. **Balance** - Stand one leg 30 sec/stand with weighted object/pass medicine ball or kettlebell around body x5 each direction. Repeat other leg.
3. **Ankle Taps x15 each side** – Feet on ground/feet up knees hips 90deg

Stretching (7-10min total) (2-3x each leg – held 30sec)

- Low back knee rocks
- Glutes stretch (on back)
- Hamstrings stretch (on back)
- Cat/cow
- Childs pose
- Hip Flexor (on knee)
- Quadriceps stretch (standing)
- Chest stretch (doorframe)

This program is intended for the use by healthy adult individuals and not for use by minors, pregnant women, or individuals with any type of health condition. Such individuals are specifically warned to seek professional medical advice prior to initiating any form of exercise regime.