

**AUSTRALIAN  
ROWING TEAM**  
HAND BUILT & CRAFTED IN AUSTRALIA  
**WARM UP  
ESSENTIALS**

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

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

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

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

**4** 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.

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

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

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

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

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

REPEAT  
PATTERN:  
USE OTHER  
SIDE