

The core conditioning program is made up of (4) distinct periods. Each period runs for a specific number of weeks and will take us from the early pre-season up and through the competitive season. The four periods that we will work through are:

- 1) General Preparatory Period (now through early January)
- 2) Preparatory Period (Mid January through mid March)
- 3) Specific Preparatory Period (Mid March through mid April)
- 4) Competition period. (Mid April to end of season)

Each period concentrates on several different areas of the body's core and incorporates different types of movements to cover Flexion, Extension, Rotation and Stabilization. Flexion, Extension and Rotation are worked into the first two periods while Stabilization is held off until the final two phases. Each phase involves progressively more difficult or advanced techniques.

For now, we will begin with the beginner exercises for the General Preparatory Period. As we do not meet during the early pre-season, it is up to each athlete to work through the program on their own. The following workout plan contains (8) weeks of exercises that will get you to the winter workouts that we will conduct at the school starting in January.

Follow the work out plan as closely as possible; two days a week for the first (5) weeks and then three days a week for the remaining (3) weeks.

Descriptions of the basic exercises can be found at the end of this document. To obtain the best results, please follow the following guidelines:

- Do a 10 to 15 minute warm-up before beginning (jog, erg, bike, etc)
- Do all exercises slowly and in control. Make sure that you are contracting the proper muscle groups.
- Your hands should be placed either on the floor, crossed over your chest or with your fingers toughing your ears. **DO NOT** put your hands behind the neck and pull on your neck while doing the exercises.
- If you are going to do core work on the same day as weight lifting, do the core work first.
- When done, stretch our your muscles and properly cool down

For detailed instructions on all of the exercises and the program, you can borrow our DVD on Core Strength for a few days or purchase your own from USRowing at their on-line store. The cost is \$20.

Good luck and do not wait until January to start as you will be behind those that start now!

Week 1

MONDAY

Flexion

Crunches 2 sets of 20 reps
 Alternating Bicycles 2 sets of 20 reps

Extension

Lying Back Extension 2 sets of 10 reps
 Standing Back Extension 2 sets of 10 reps

Rotation

Seated Russian Twist 2 sets of 10 reps
 Knee Twist 2 sets of 10 reps

Week 2

MONDAY

Flexion

Crunches 2 sets of 22 reps
 Alternating Bicycles 2 sets of 22 reps

Extension

Lying Back Extension 2 sets of 12 reps
 Standing Back Extension 2 sets of 12 reps

Rotation

Seated Russian Twist 2 sets of 12 reps
 Knee Twist 2 sets of 12 reps

Week 3

MONDAY

Flexion

Sit Up Twist 2 sets of 24 reps
 Knee Up 2 sets of 24 reps

Extension

Lying Back Extension 2 sets of 14 reps
 Standing Back Extension 2 sets of 14 reps

Rotation

Seated Russian Twist 2 sets of 14 reps
 Knee Twist 2 sets of 14 reps

THURSDAY

Flexion

Side Crunches 2 sets of 20 reps
 Toe Crunches 2 sets of 20 reps

Extension

Lying Alternating Back Extension 2 sets of 10 reps
 Standing Back Extension 2 sets of 10 reps

Rotation

Plate Trunk Twist 2 sets of 10 reps
 Knee Twist 2 sets of 10 reps

THURSDAY

Flexion

Side Crunches 2 sets of 22 reps
 Toe Crunches 2 sets of 22 reps

Extension

Lying Alternating Back Extension 2 sets of 12 reps
 Standing Back Extension 2 sets of 12 reps

Rotation

Plate Trunk Twist 2 sets of 12 reps
 Knee Twist 2 sets of 12 reps

THURSDAY

Flexion

Alternating Crunch 2 sets of 24 reps
 Sit Ups 2 sets of 24 reps

Extension

Lying Alternating Back Extension 2 sets of 14 reps
 Standing Back Extension 2 sets of 14 reps

Rotation

Plate Trunk Twist 2 sets of 14reps
 Seated Russian Twist 2 sets of 14reps

Week 4

MONDAY

Flexion

Physio Ball Crunch 2 sets of 26 reps
 Alternating Bicycles 2 sets of 264 reps

Extension

Lying Back Extension 2 sets of 16 reps
 Standing Back Extension 2 sets of 16 reps

Rotation

Seated Russian Twist 2 sets of 16 reps
 Knee Twist 2 sets of 16 reps

THURSDAY

Flexion

Side Crunch 2 sets of 26 reps
 Sit Up Twist 2 sets of 26 reps

Extension

Lying Alternating Back Extension 2 sets of 16 reps
 Standing Back Extension 2 sets of 16 reps

Rotation

Plate Trunk Twist 2 sets of 16reps
 Seated Russian Twist 2 sets of 16reps

Week 5

MONDAY

Flexion

Crunches 2 sets of 20 reps
 Alternating Bicycles 2 sets of 20 reps

Extension

Lying Back Extension 2 sets of 10 reps
 Standing Back Extension 2 sets of 10 reps

Rotation

Seated Russian Twist 2 sets of 104 reps
 Knee Twist 2 sets of 10 reps

THURSDAY

Flexion

Side Crunch 2 sets of 20 reps
 Toe Touches 2 sets of 20 reps

Extension

Lying Alternating Back Extension 2 sets of 10 reps
 Standing Back Extension 2 sets of 10 reps

Rotation

Plate Trunk Twist 2 sets of 10reps
 Knee Twist 2 sets of 10reps

Week 6

MONDAY

Flexion

Side Crunch 2 sets of 22 reps
 Toe Touch 2 sets of 22 reps

Extension

Lying Back Extension 2 sets of 12 reps
 Standing Back Extension 2 sets of 12 reps

Rotation

Plate Trunk Twist 2 sets of 12 reps
 Knee Twist 2 sets of 12 reps

WEDNESDAY

Flexion

Crunches 2 sets of 22 reps
 Alternating Bicycles 2 sets of 22 reps

Extension

Lying Back Extension 2 sets of 12 reps
 Standing Back Extension 2 sets of 12 reps

Rotation

Seated Russian Twist 2 sets of 12 reps
 Knee Twist 2 sets of 12 reps

FRIDAY

Flexion

Side Crunch 2 sets of 22 reps
 Sit Ups 2 sets of 22 reps

Extension

Lying Alternating Back Extension 2 sets of 12 reps
 Standing Back Extension 2 sets of 12 reps

Rotation

Plate Trunk Twist 2 sets of 12 reps
 Seated Russian Twist 2 sets of 12 reps

Week 7

MONDAY

Flexion

Physio Ball Crunch 2 sets of 24 reps

Alternating Bicycles 2 sets of 24 reps

Extension

Lying Back Extension 2 sets of 14 reps

Standing Back Extension 2 sets of 14 reps

Rotation

Seated Russian Twist 2 sets of 14 reps

Knee Twist 2 sets of 14 reps

WEDNESDAY

Flexion

Side Crunch 2 sets of 24 reps

Sit Up Twist 2 sets of 24 reps

Extension

Lying Back Extension 2 sets of 14 reps

Standing Back Extension 2 sets of 14 reps

Rotation

Plate Trunk Twist 2 sets of 14 reps

Seated Russian Twist 2 sets of 142 reps

FRIDAY

Flexion

Sit Up Twist 2 sets of 24reps

Knee Up 2 sets of 24 reps

Extension

Lying Alternating Back 2 sets of 14 reps

Extension

Standing Back Extension 2 sets of 14 reps

Rotation

Seated Russian Twist 2 sets of 14 reps

Knee Twist 2 sets of 14 reps

Week 8

MONDAY

Flexion

Bicycles 2 sets of 26 reps

Alternating Bicycles 2 sets of 26 reps

Extension

Lying Back Extension 2 sets of 16 reps

Standing Back Extension 2 sets of 16 reps

Rotation

Seated Russian Twist 2 sets of 16 reps

Plate Trunk Twist 2 sets of 16 reps

WEDNESDAY

Flexion

Sit Up 2 sets of 26 reps

Sit Up Twist 2 sets of 26 reps

Extension

Lying Back Extension 2 sets of 16 reps

Standing Back Extension 2 sets of 16 reps

Rotation

Plate Trunk Twist 2 sets of 16 reps

Seated Russian Twist 2 sets of 16 reps

FRIDAY

Flexion

Crunches 2 sets of 26 reps

Alternating Crunches 2 sets of 26 reps

Extension

Lying Alternating Back 2 sets of 16 reps

Extension

Standing Back Extension 2 sets of 16 reps

Rotation

Seated Russian Twist 2 sets of 16 reps

Knee Twist 2 sets of 16 reps

Basic Exercise Descriptions

Flexion:

Crunches – lie on your back with knees bent, slowly roll the shoulder up a few inches while maintaining a flat back and pushing your belly button towards your spine.

Alternating crunches – go to and hold the crunch position, then, move from side to side by reaching your hands down your side towards your feet.

Toe touches – lie on your back with your feet and legs up in the air at 90 degrees. Reach your arms up to touch your feet while doing the “crunch” motion.

Side crunches – lie on your side with your knees out in front at a slight angle. Place your top hand by your ear and slowly roll up or “crunch”. This exercise should be done equally on both sides.

Bicycles – lie on your back with fingers by your ear. Extend one leg out and the other with your knee at 90 degrees. Rotate opposite elbow to opposite knee and go back and forth by rotating the shoulders and moving the legs in a bicycle pedal motion.

Alternating bicycles – lie on your back with fingers by your ear. Leave one leg on the floor and the other bent at 90 degrees. Slowly roll up the opposite elbow to the knee. Repeat this exercise for both sides.

Sit-ups – lie on your back with knees bent at 90 degrees and feet flat on the ground. Have someone hold your feet or anchor them under something. Let the hands stay on the ground. Slowly roll up until you are in a full sit up position and then return.

Sit-up twist – this is the same as a sit up only add a twisting motion at the top where you twist your body from side to side before returning down. The hands should be placed with the fingers by the ears.

Physio ball crunch – You will need a properly sized Physio ball for this exercise. Start by sitting on the ball with your knees bent at 90 degrees. Roll back on the ball so that your back and buttocks are supported with your knees still at 90 degrees. While on the ball, do the basic crunch technique. You should put your hands crossed in front on your chest.

Knee-ups – lie on your back and hold on to something behind your head (another athletes legs for instance). Raise your feet up off of the ground a few inches and then slowly roll up your knees to your chest by using your abdominals. Once you reach your knees to your chest, push your legs out and repeat. Your feet should never touch the ground during this exercise.

Basic Exercise Descriptions

Extension:

Lying back extension (or “superman’s”) – lie on your stomach with your arms out in front of you. Slowly raise your upper body and lower body (arms and legs) at the same time. Hold for a count (1,2) then lower slowly back to the floor. Tempo is important with slow movement up and down. Concentrate the movement in your back.

Lying alternating back extension – start in the same position as the lying back extension. Slowly lift opposite arm and leg while keeping the other arm and leg down. Alternate opposite sides with each movement (right arm, left leg then left arm, right leg).

Standing back extension – Stand with your knees at shoulder width and your knees slightly bent. Place your hands with the fingers by the ears. Keeping the back straight, rotate forward from the hips until your back is 90 degrees to your legs. Slowly rotate back to the starting position. You MUST NOT roll your back; you MUST keep a straight back.

Rotation:

Seated Russian twist – start at the “up sit-up” position and then lower the back down until you are 45 degrees to the ground. Raise the feet up off of the ground a few inches and put your fingers by your ears. The exercise is done by now rotating the shoulders from side to side.

Plate trunk twist – sit on a bench or box and hold a light weight in your hands in front of you (near your chest). You should be sitting up very straight. Twist your upper body from side to side while keeping the hips stationary. This exercise is very good for core flexibility.

Knee twist – lie on your back while anchoring your upper body by holding onto something with your hands behind your head. Raise your knees until they are at 90 degrees. While keeping your shoulders on the ground, rotate your knees and trunk from side to side. Try not to raise your back off of the ground. Focus your rotation in the trunk area.