



COVID-19 HOME-ISOLATION **STRENGTH & CONDITIONING RESOURCE**

Version 1.3

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Disclaimer:

This document provides some basic guidelines and recommendations. By following and using this exercise resource you acknowledge you are fully responsible for any and all injuries that may occur. Performing the exercises or using any information presented in this resource is solely at your own risk. When using this program, you need to use common sense and exercise caution to reduce and avoid injury.

Rowing Victoria & VIS recommends that you consult with your doctor before beginning any exercise or training program. Do not start this program if your doctor advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. If you have any concerns or questions about your health, you should always consult with a doctor.

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From the author: Farhan Juhari

Firstly, I do hope everyone is safe and well during this COVID-19 pandemic that has shaken the world. The Victorian Institute of Sport (VIS) and Rowing Victoria (RV) are jointly committed to ensuring the health and safety of all Rowing athletes and staff during these times. It's important to note that the Federal and State government have now closed all gyms to help minimize the spread of the virus. It is our job to ensure that we do what we can to minimize the spread and help flatten the curve that is putting a strain on our healthcare system, and we can do this by staying at home. This unfortunately means that we all have restricted access to equipment that would normally be used to help our Strength & Conditioning (S&C) training, which would ultimately assist in our rowing performance. However, there are still many ways to train whilst at home!

This brief document is to provide some basic guidelines/suggestions of S&C training during your time at home. This document also will make the **assumption that the readers** have access to **no equipment**, which will help cater for everyone during this time. If you are fortunate to have access to equipment in your home, that is great and you should continue to use that equipment to add some load and variation into your training (as long as we ensure technique is our number 1 priority; and then adding external load). VIS and RV are hoping to share this document to the rowing community to ensure everyone still has the best opportunity to stay on top of their S&C. This will assist athletes making it easier to come back to normal training once this pandemic ends and minimize any risk of injury.

The following document will be split into 4 sections:

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2. *Drive – An understanding of S&C in Rowing* Page 5
3. *Finish – Ideas & examples during home-isolation* Page 6
4. *Recover – More information* Page 9

1. Catch – Areas to focus during COVID-19

We can often think that an S&C program should be about lifting heavy and being explosive. However, although this is correct, it should address more than that. The human body is so complex, add in complexity of sport and you open up a whole new can of worms. As such, technical sporting skills such as the rowing stroke require a lot more than just heavy lifting and being explosive. Add in COVID-19 and governments closing gyms and now we have to look at other options.

Due to the nature of home-isolation during these times, not everyone is fortunate enough to have access to equipment. Therefore, we are making the assumption that you do not have access to equipment. This ultimately means that it is difficult for us to develop in areas closer towards our maximal strength. As such, it's important to focus on other areas; things we can control and develop. Now is the perfect time to work on areas that are often neglected and/or not prioritized during the season. This is on an individual basis and may include:

- Technically Competent at Fundamental Movements
- Core/trunk
- Hip Stability
- Scapular Stability
- Thoracic Mobility
- Hip Mobility
- Any areas that you and your Rowing coach have addressed as an area to develop

Before we move on, it's important to note that if you have an injury or other little niggles from the season, it is recommended that you focus getting on top of these areas with your physio. Fortunately, depending on the injury, most Physios can operate online during this crisis, such as through TeleHealth. For more info, contact your local or personal Physio.

2. Drive – An understanding of S&C in Rowing

As Rowing Australia have mentioned on their website, the 3 key areas where S&C can provide assistance to your rowing performance are:

- 1) Robustness and injury prevention
- 2) Improve the movement efficiency of the rowing stroke
- 3) Athletic Development

Across the network, a S&C program is to develop strong, powerful athletes that are robust enough to tolerate the high on-water training workloads (or for the case today, high ergo training workloads). So if we go back to the first section, areas to work on during this time at home should be aligned to developing areas within those dot points.

Ensuring that we address these areas will help us in many ways! The key is to minimize any risk of injury, as this will lead to less time spent on actually developing in your sport. Ultimately the best way to improve in your sport, is with your Head Coach performing your sport. One of the most common injuries keeping Rowers out of the water is lower-back injuries. One of the ways to minimize our risk of this, is to develop the core/trunk strength. With many core exercises that don't require any equipment, this could be a focus during this time.

As Rowing is a whole body activity that requires you to be explosive during the drive phase and stay connected from the footplate to the oar, neglecting the core won't only reduce boat speed but could potentially expose a developing rower to the common lower-back injury. Other ways to minimize this is to ensure that you have sufficient flexibility to correctly complete the stroke. This could be addressed through your thoracic and hip mobility. Additionally, correctly addressing your hip and scapular stability will assist you in avoiding injuries to these areas. As stated, these are some of the reasons why we must ensure that we are technically competent at fundamental movements.

Although, it is important to stay in a routine and focus on your Rowing Performance, it is also important to prioritize your overall physical/mental health and wellbeing. Particularly during these uncertain times of home-isolation, it's important to have fun and enjoy what you are doing. Where possible, complete exercises with a family member or a friend over the phone to stay connected. Incorporating challenges set by your coach can keep the competitive spirit alive. Incorporating exercises that are not normally in a rowing S&C program, such as lateral movements, could be fun whilst exposing your hips to different movements (or just simply get you off the couch). However, it's important to note that changes to any program, whether it be new exercises or adding load should be gradual in nature to minimize any risk of injury.

3. Finish – Ideas & examples during home isolation

Although you may not have access to equipment during these times, there are different options to add external load. Getting creative during these times is the key. Here are just some ideas

- Filling a backpack with books could be an alternative to a sandbag
- Filling an empty milk-bottle with water makes good dumbbells
- A towel or a thick clothing could replace a foam padding
- Increasing range in the movement can put more load on the body
- Slowing down the movement/increasing the time under tension can increase load on the body
- Shortening the rest periods can increase a demand on the body and may challenge you to perform the exercise correctly whilst fatigued
- And many other alternatives, but if you can get creative make sure you let everyone know! We're all in this together!

And if mum does not allow any of that, there's always body weight exercises. Below are 5 examples (including YouTube links for educational purposes) for each category/area to help you develop in:

N.B. - Images of exercises are provided in the 11 page supporting document which can be found on the Rowing Victoria website (File Name - Community S&C BW Examples)

Section – WARM-UP/MOVEMENT PREP

- **Thoracic Mobility** – (Choose 1-2 exercises)
 - Crucifix - https://www.youtube.com/watch?v=24nPU3J_1e8
 - Tread the Needle - <https://www.youtube.com/watch?v=MfUx9FCOb1E>
 - Seated Thoracic Rotations - <https://www.youtube.com/watch?v=uGI-AG4C1Wc>
 - Kneeling Thoracic Extension - <https://www.youtube.com/watch?v=LYJlj6rmxs>
 - Half Kneeling Thoracic Wall Rotations - <https://www.youtube.com/watch?v=XpOdZeyrhwl>
- **Hip Mobility** – (Choose 1-2 exercises)
 - Downward Facing Dog - <https://www.youtube.com/watch?v=ED6KwitZalw>
 - Seated 90/90's - <https://www.youtube.com/watch?v=qARWIQKokuA>
 - Figure 7 Glute/Pigeon Pose - <https://www.youtube.com/watch?v=zCtNsUVs0fM>
 - ½ Kneeling Hip Flexor - <https://www.youtube.com/watch?v=bnVfloe6yTo>
 - Inchworm - <https://www.youtube.com/watch?v=yr-HHgxXTqg>
- **Scapular Stability** – (Choose 1-2 exercises)
 - Straight Arm Push-Up/Press-Out - <https://www.youtube.com/watch?v=pzgrw6cllG4>
 - Push-Up w/Whole Body Rotation - <https://www.youtube.com/watch?v=YU0gWh72a3k>
 - Slow Shoulder Taps - https://www.youtube.com/watch?v=QOCn3_iOAro
 - Prone Y Scapula - <https://www.youtube.com/watch?v=SVEMGXxLZd0>
 - Lateral Bear Walk - <https://www.youtube.com/watch?v=uWGbF1VKKTs>

- **Hip Stability** – (Choose 1-2 exercises)
 - Single-leg Balance - <https://www.youtube.com/watch?v=zkDeNXhHyQ>
 - Single-leg Squats - <https://www.youtube.com/watch?v=uJ4eA2wUXdw>
 - Arabesque - <https://www.youtube.com/watch?v=xOScWvyottY>
 - Single-leg Glute Bridge - <https://www.youtube.com/watch?v=3NXv0Nany-Q>
 - Side plank w/Leg-Lift - <https://www.youtube.com/watch?v=u4rKaunmpN0>

Section – MAIN TRAINING

- **Technically Competent at Fundamental Movements** (*3 example of variations; easiest to hardest in brackets*) – (Choose 1 example from each movement)
 - Squat variations (*Bodyweight Squat, Hands Overhead Squat, Bodyweight Squat Jump*)
 - Lunge variations (*Walking Lunge, Lateral Lunge, Lunge Switch Jump*)
 - Single-Leg (SL) variations (*SL Squat-to-Chair, Arabesque/Aero-plane, SL Broad Jump*)
 - Hip-Hinge variations (*Glute Bridge, RDL, Hands Overhead RDL*)
 - Upper Body Pushing (*Incline Push-Up, Traditional Push-Up, Decline Push-Up*)
 - Upper Body Pulling (*ISO Towel Seated-Row, ISO SA Door Pull, Bent-Over Grocery Bag Rows*)

Section – CORE/TRUNK

- **Core/trunk** - (Choose 3 exercise from below)
 - Dead-bugs - <https://www.youtube.com/watch?v=TvWe0tsK374>
 - Leg Lowerers - <https://www.youtube.com/watch?v=WKacPZ0zQDw>
 - Bird-Dog - <https://www.youtube.com/watch?v=wgOuR7YrwtM>
 - Plank Transfers - <https://www.youtube.com/watch?v=l7BCYV-aNkw>
 - Side-Plank Rotations - https://www.youtube.com/watch?v=RXIHKL_NEN8

It's great to have some examples and videos of how the exercise should be performed. Now, you're probably asking 'How many sets and reps?' or 'What does a typical week look like?'

Great question, see next page for an example of how typical week might look like. Please note, this is only one example. Individual differences may need to be considered, such as training history, training schedule, period of the year, individual preferences etc.

N.B. – Exercise, sets and reps provide below are examples used within the weekly layout. If individual changes need to be made, it is recommended that this be done before starting.

EXAMPLE OF WEEKLY LAYOUT

MONDAY - DAY 1			WEDNESDAY - DAY 2			FRIDAY - DAY 3		
MOVEMENT PREP/WARM UP			MOVEMENT PREP/WARM UP			MOVEMENT PREP/WARM UP		
Ex. #		Reps	Ex. #		Reps	Ex. #		Reps
Thoracic Mobility:			Thoracic Mobility			Thoracic Mobility:		
1A.	o Crucifix	1 10 each side	1A.	o Seated Thoracic Rotations	1 10 each side	1A.	o Crucifix	1 10 each side
1B.	o Tread the Needle	1 10 each side	1B.	o Kneeling Thoracic Extension	1 10 reps	1B.	o Tread the Needle	1 10 each side
Hip Mobility:			Hip Mobility			Hip Mobility:		
1C.	o Figure 7 Glute/Pigeon Pose	1 30-45 secs	1C.	o Downward Facing Dog	1 30-45 secs	1C.	o Figure 7 Glute/Pigeon Pose	1 30-45 secs
1D.	o ½ Kneeling Hip Flexor	1 30-45 secs	1D.	o Seated 90/90's	1 10 each side	1D.	o ½ Kneeling Hip Flexor	1 30-45 secs
Scapular Stability:			Scapular Stability			Scapular Stability:		
2A.	o Straight Arm Push-Up/Press-Out	2 8-12 reps	2A.	o Push-Up w/Whole Body Rotation	2 10 each side	2A.	o Straight Arm Push-Up/Press-Out	2 8-12 reps
2B.	o Slow Shoulder Taps	2 10 each side	2B.	o Scap Y's & T's	2 8-12 reps	2B.	o Slow Shoulder Taps	2 10 each side
Hip Stability:			Hip Stability			Hip Stability:		
2C.	o Single-leg Squats	2 8-12 reps	2C.	o Single-leg Balance	2 30-45 secs	2C.	o Single-leg Squats	2 8-12 reps
2D.	o Arabesque	2 8-12 reps	2D.	o Side plank w/Leg-Lift	2 8-12 reps	2D.	o Arabesque	2 8-12 reps
MAIN TRAINING			MAIN TRAINING			MAIN TRAINING		
Technically Competent at Fundamental Movements:			Technically Competent at Fundamental Movements:			Technically Competent at Fundamental Movements:		
1A.	o Squat - Bodyweight Squat Jump	4 5 reps	1A.	o Squats - Bodyweight Squat	3 12-15 reps	1A.	o Squat - Bodyweight Squat Jump	4 5 reps
2A.	o Lunge - Walking Lunge	4 8-12 each side	1B.	o Single Leg - SL Broad Jump	3 2 each side	2A.	o Lunge - Walking Lunge	4 8-12 each side
2B.	o UB Pulling - Bent-Over Grocery Rows	4 8-12 each side	2A.	o Hip-Hinge - Glute bridge	3 12-15 reps	2B.	o UB Pulling - Bent-Over Grocery Rows	4 8-12 each side
3A.	o Single Leg - SL Squat to Chair	4 3 each side	2B.	o UB Pushing - Incline Push-Up	3 12-15 reps	3A.	o Single Leg - SL Squat to Chair	4 3 each side
3B.	o Hip-Hinge - Hands Overhead RDL	4 8-12 reps	3A.	o Lunge - Lateral Lunge	3 10 each side	3B.	o Hip-Hinge - Hands Overhead RDL	4 8-12 reps
3C.	o UB Pushing - Decline Push Up	4 What you can	3C.	o UB Pulling - ISO Towel Seated-Row	3 30 secs	3C.	o UB Pushing - Decline Push Up	4 What you can
CORE/TRUNK			CORE/TRUNK			CORE/TRUNK		
Dead-bugs			Side-Plank Rotations			Dead-bugs		
Leg Lowerers			Plank Transfers			Leg Lowerers		
Side-Plank Rotations			Bird-Dog			Side-Plank Rotations		
Cooldown:			Cooldown:			Cooldown:		
Own Stretch Routine			Own Stretch Routine			Own Stretch Routine		

4. Recover – More information

With the basic understanding of how an S&C program should address areas that would complement your ergo/on-water training, you now have the tools required to assist you in doing your own training program. Most of all have fun with it and if you need more examples/ideas, a quick Google search of different variation will provide many examples.

For more information, if you have not viewed the following education resources from Rowing Australia (RA), I highly encourage you to view these:

- RA The Drive (S&C) on YouTube - <https://www.youtube.com/watch?v=Kbj-mZDyo4Q>
 - Small screenshot below.
- RA S&C section - <https://rowingaustralia.com.au/strength-conditioning/>
- RA Posters - <https://rowingaustralia.com.au/community-rowing/sports-medicine/>

