

Strength Training for Scullers

Craftsbury Weekly Webinars

August 12, 2020

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Programming Key Points:

- How exactly you construct your session depends on your individual needs. Consider your goals, your athletic background, performance demands of racing, time of season or phase of training, etc.
- GENERAL session outline:
 - Warmup: 10-12 minutes of general full-body movements
 - “Main Work” strengthens the stroke muscles and movements, training for strength and power that we expect to carryover to rowing performance.
 - 1-2 exercises per session
 - Each exercise: 3-8 sets of 3-10 reps (inversely proportional)
 - “Assistance Work” builds muscles and movements that rowing neglects.
 - 2-4 exercises per session
 - Each exercise: 2-4 sets of 8-15 reps
 - “Core,” Moving/Carrying, Mobility
 - 5-10 minutes to complete session

Exercise Bank of Strength Training Movements with Sculling Interest

Playlist: <https://www.youtube.com/playlist?list=PLeHemdr7XRKnSpu7RFk2fG6Fq5DxOECG>

Pulling Movements: <https://youtu.be/eIBZyj-y7t0>

- Understand how the shoulders create motion between the shoulder blade (scapulae) and arm bone (humerus)!
- YWT Raise
- Band/Cable Pullapart
- Band/Cable Face-Pull
- ½-Kneeling (X-Band/Cable) Row
- Seated Alternating Row
- One-Arm Row
- Band/Cable Pulldown
- BONUS VIDEO: [One-Arm “Pressure Into the Pin” Row](#)

Pushing Movements: <https://youtu.be/EeUUExd8O6I>

- Attention to shoulder movement fundamentals! A push is just a pull in reverse.
- Pushup, Elevated Pushup, Ladder Pushup
- Alternating Dumbbell Bench (or Incline, or Overhead) Press
- ½-Kneeling Overhead Press
- One-Arm Push Press

Squatting Movements: <https://youtu.be/M5iQB-AWYdM>

- Dumbbell/Kettlebell Goblet Squat
- Barbell Front Squat
- ROM-Restricted Squat (if necessary)
- Reverse Lunge
- 3-Way Single-Leg Squat
- Rear-Foot-Elevated Split Squat (Bodyweight, Contralateral, Goblet)
- Lateral and Front Step-Up

Hinging Movements: <https://youtu.be/ECjk6TU3OFo>

- Bodyweight Hip Hinge, Hinge-to-Wall, PVC Pipe Hinge
- Dumbbell/Kettlebell Romanian Deadlift (with lat cue if helpful)
- Barbell Romanian Deadlift (with lat cue if helpful)
- Kettlebell Swing
- Elevated Deadlift (with lat cue if helpful)
- Barbell Deadlift (with lat cue if helpful)
- Hex Bar Deadlift (high or low handles, depending on anatomy/mobility)

“Other” Core, Carry, Move: https://youtu.be/5wOMh_p0xgA

- Remember that “the core” is more than just the six-pack (rectus abdominis), only exists in rowing to transfer lower body force and act as a “braking mechanism” for torso swing, and is also trained through full-body strength training movements.
- Bench/Stability Ball Seated Rockback
- Side Plank with Row
- One-Arm Farmer’s Walk
- One-Arm Rack Carry
- One-Arm Waiter’s Walk
- One-Up-One-Down Walk
- Band Walks: Forward/Backward, Side-to-Side, Standing-in-Place