INTRODUCTION:

This eight (8) week program is designed to help athletes with little or no strength training experience gain an understanding of basic positions necessary for proper and safe strength and conditioning. The exercise skills are added weekly in a specific order which will assist with efficient and proper skill development. It is highly recommended to start by using dumbbells instead of an Olympic bar, and that other resistance items such as medicine balls, kettlebells, etc., are kept light during this eight (8) week training program. Each new exercise will help build the skill necessary to work towards more complex movements. In addition preventative exercises are also included which help to reduce the risk of injury which is inherent with strength training and rowing. Combining a specific exercise sequence with rowing specific preventative exercises will help you to get the most out of your strength training experience as it relates to rowing.

Intensity (resistance) is added to skills once they can be executed properly. It is highly recommended that athletes who are just starting out keep total resistance (weight) to five (5%) to ten (10%) percent of body weight. Athletes with more than once full (year round strength training) may be able to handle additional weight; this is up to the coaches discretion. Safe technique must be maintained as additional weight is added to these lifts. One recommendation is that if you have previous experience with lifting weight but are not currently lifting as a part or your exercise routine that you follow the guidelines of a novice lifter. Once the eight week program is completed, your intensity level (resistance) could be increased to fifteen to thirty (15 - 30%) percent of individual body weight (BW). Once a solid year of this type of strength training is completed then intensity can be increased as appropriate.

**** No strength training program should be started before discussing its introduction with your family physician or other physician who works with musculoskeletal conditions. Please contact your doctor before beginning this program.**

How to Use:

This program is laid out with eight (8) week sessions. In the book marks you will find each week is separated so you can print it out one week at a time or if you like print the entire selection all at once. New exercise skills are highlighted in **red** and are the exercise skill to be taught for that particular session and during the remainder of the week. Each week new lifting skills will be taught, and at the end of eight (8) weeks a good grasp of the base exercises will be understood. This will serve as a basis for more advanced lifting skill development.

The **Basic Program** only includes the training program and does not include snapshot photos (with comments) of each exercise.

Standard Program: Each exercise has its own folder with snapshots of key points for the particular lift. These key points can be printed for display to the users of the program for review. Also a written description of each exercise is included in the same folder that helps give good instruction points for teaching athletes proper form. Some of the exercises are bookmarked to a specific photo of that exercise, however if you like you can go to the specific folder to look at all the key points for that exercise.

Pro Program: Coming soon!! This program will include both printable snapshot photos as well as a video library of all of the exercises in the program.

Equipment Needs:

The equipment recommendations are for a group size of 20-25 athletes who are going to lift at the same time. Adjust your equipment needs based on your specific group dynamic. If you have more advanced lifters than you could adjust the weight levels upward for all the equipment listed below. It may not be possible to obtain all the equipment below, however there are many substitute exercises that can use existing equipment.

- Dumbbells - (4sets of; 8#, 10#, 12#, 15#, 20#, 25#)
- Medicine Balls - (2 of each; 8#, 10#, 12#) – Dynamax and D-Balls are good options
- Pull-up bars - (3)
- Plyometric Boxes - (2 x 18/20 inch box, 2-3 x 22/24 inch box) Boxes come in slightly different heights based on the manufacturer
- Resistive Bands/Cords – 41 inch bands
- Physio/Swiss Balls – 5 to 6 (55cm balls) sizes can vary here but make sure you do not buy balls to big for your athlete. The height of the ball should not exceed the top of the knee.
- Olympic Bars can be used if you have proper lifting stations for them. It is not advised to use bars without a proper set-up for safety reasons.
- Concept 2 Rowing Ergometer - (minimum of 8-10)