Establish the movement pattern
- Sit with shoulders over hips
- Hitch hip up to one side, without moving shoulders, slowly lower
- Repeat to opposite side
- x 30 Reps

Sideways Control
Adapt to the boat moving under you
- Sit tall on ball, hard band or pulley coming from side
- Brace trunk, move arms in & out
- x 30 Reps

End of Stroke
Establish the movement pattern
- x 30 Reps

Rotational Control
Cope with the forces from the oar
- Sit on ball, hard band or pulley coming from side
- Brace trunk, move arms in & out
- x 30 Reps

Open Body
Add load to the movement pattern
- x 30 Reps

Drive
Condition muscles needed on back of body
- Relax legs around ball, secure feet
- Hang body over ball
- Chin in, raise upper body to horizontal, slowly lower
- x 30 Reps

Drive
Condition muscles needed on front of body
- Body horizontal, hands on ears, elbows out
- Crunch up approx 30°, keep chin in
- Slowly lower to horizontal
- x 30 Reps

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