

Rowing Errors. Links to Strength and Mobility

<u>Technical fault</u>	<u>Fault symptom</u>	<u>Drills on water</u>	<u>Muscle group weakness</u>	<u>Weights exercises</u>	<u>Core work / flexibility</u>
Blade skying	Late into the water.	Inside arm only. Blades on top of the water. Roll ups.	Shoulders (delts / traps). Hunched shoulders. Poor mobility in pelvis / hamstrings. Poor posture.	Bench pull. Single arm row. Front raise. Lateral (side) raise. (Shoulder blades together.)	Shoulder girdle. Side bend. Spine twist. Shoulder bridge. Hamstring mobility work.
Blade not staying connected	Blade rising half way through drive.	Wide grip. Outside arm only. Square blades. Feet out.	Shoulders. Lats. Lower back.	Lat pull down (or bent arm pullover). Power clean. Stiff leg dead lift.	Pelvic girdle. Roll up. Shoulder bridge.
Leaning away in drive	Wobbly boat. Weak finish.	Inside hand only. Feet out.	Shoulders. Lower back. Obliques.	Bench pull. Single arm row. Power clean. Front raise. Lateral raise.	Shoulder girdle. Side bend. Spine twist.
Weak finish /washing out	Early finish. Boat tips to side.	Late feather. Outside arm only. Square blades. Combinations.	Shoulders. Rotator cuff. Lats. Lower back. Hunched shoulders.	Bench pull. Single arm row. Rotator cuff. Power clean. Stiff leg dead lift. Overhead squat. (Shoulder blades together.)	Shoulder girdle. Pelvic girdle. Roll up. Scissors.

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Missing water at the catch	Weak puddles	Half slide work. Single strokes at the catch position.	Lower back. Poor posture. Not strong enough!	Power clean. Stiff leg dead lift. Overhead squat.	Pelvic girdle. Roll up.
Poor balance control	A nervous looking crew!	Shadow rowing. Fizz Buzz.	Core muscles.	Overhead squat. Squats on stability disc.	Shoulder girdle. Pelvic girdle. All core exercises.
Rushing	Stern check. Poor rhythm.	Single strokes.	Core muscles. Poor mobility in pelvis / hamstrings.	Overhead squat. Squats on stability disc. Stiff leg dead lift.	Shoulder girdle. Pelvic girdle. All core exercises. Hamstring mobility work.