

Activation



The **warm-up** should gently prepare the body for exercises by gradually increasing the heart rate and circulation; this will loosen the joints and increase blood flow to the muscles. Stretching the muscles prepares them for physical activity and prevents injuries.

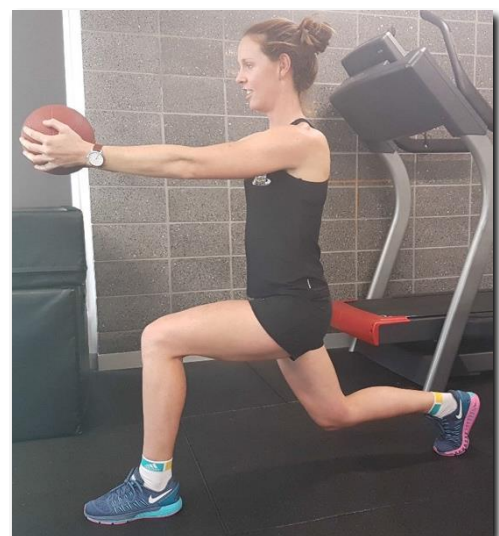
These Exercises address areas of weakness or imbalance found in screening. They are best done before training or gym so there is good blood flow and activation of muscles and patterns before the start of the session.

Dosage: 15-20 repeats of each exercise. 2-3 sets.

Core: Lunge with a twist

This exercise is for activation of your Trunk rotators and core stabilising muscles. Standing tall with feet together, hold arms out straight in front of you. Elbows locked. Focused on straight posture and alignment.

Take a large step forward, into a full lunge. Once in this position rotate your trunk both directions, keeping your spine tall and your hips stable. Repetitions on each leg. The use of a weight in front of you is optional to provide extra momentum into the rotation



Kneeling TheraBand Pulls



This exercise is for activation of your shoulder stabiliser and can be advanced to get your shoulder and hip timing accurate before paddling.

Kneeling with a 90 degrees angle at both knee joints, tall spine and shoulders slightly squeezed back. Do a single arm pull on the TheraBand. Pull with the same arm and leg that is out front.



To advance the exercise pull and rotated. To advance the exerciser further add in a push with your front leg as you pull and rotate.

You should feel your hips and shoulders working together as you pull and rotate.

Shoulder External Rotations



These exercises are to activate your shoulder rotator cuff muscles.

Start with External rotation in neutral. Keep the spine tall and shoulder blades slightly squeezed as you pull through the range, makes sure the wrist is in a stable and neutral position.



Advance to External rotation in 90° abduction (movement away from the midline of the body). Make sure the elbow and wrist stay at the same height through all repetitions, it should be a pure shoulder rotation movement.

Hips and Core Single Leg Romanian Dead Lift

This exercise is for hip and core activation.

Standing with your knee slightly bent, back straight and hands on hips. Keeping your back flat rotate forward from the hips until your trunk is parallel to the ground.



To advance take your arms out in-front of you.

To advance further add in hip rotation while in the full arabesque position (see photo above).



Hip Rotations with TheraBand's

This exercise is for activation of your deep hip rotators.

Kneeling on your hands and knees, with the TheraBand around one ankle, and tied to a pole at 90° to your body.

Keeping your spine straight rotate through your hip so your foot swings in and out pulling against the band. Do External rotators by pulling in towards your body (left photo).



Turn your body to face the other direction and do internal rotators by pulling against the band away from your body (right photo).