



Joint Stability/Mobility Workout

One of the most underrated but crucial aspects to any fitness or wellness program is a person's ability to move well. Tight muscles and joints that lack the necessary range of motion in order to move efficiently and effectively will greatly reduce the benefits one could receive if mobility and joint stability are improved. Focusing on these movements and exercises 3-5 times per week will allow your joints to move better, reducing the risk of injury and will help create more efficient strength gains. This is the foundation with which all other physical fitness modalities and or one's ability to perform a given sport can improve.

Benefits

- Reduced risk of injury
- Improved flexibility of joints
- Improvements to strength or sport specific movements
- Increases synovial (joint) fluid to the joints for better lubrication

Set Up

- Complete about 12 repetitions of each exercise. If you feel a particular muscle group fatigue before repetition 12 then stop before that number.
- Set these exercises up in a circuit model. One exercise after another until all are complete, then complete 2-3 sets total.
- If an exercise is not using resistance, i.e. a band or light weights then the goal is move through a greater range of motion with each repetition to create movement through the joint.
- Not much rest is needed in between each exercise as they do not require high levels of exertion, but rest as necessary.

Exercises

Pull Aparts (underhand)- Engage shoulder blades as shoulders externally rotate moving hands away from the body. Keep elbows tucked in against the body through the entire movement. Remember to keep hips tucked and core engaged.





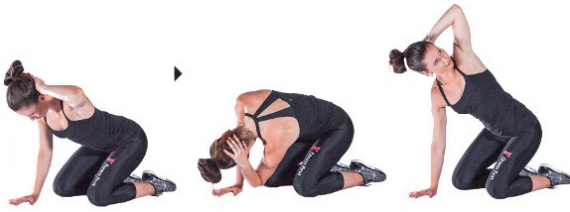
Pull Aparts (overhand)- Same engagement as the previous exercise. Shoulder blades engage, keeping the shoulders down as you extend straight arms out to the side of the body. Again keep the core tight and do not push the hips forward.



Arm Circles- Gradually increase range of motion with each repetition. Be sure to keep shoulders down and back as the arms stay extended while you rotate through the shoulders.



T-Spine Rotations- Stay slightly forward on the hand in order to keep the core engaged. Place a hand on the back of the head then rotate underneath the body to attempt to touch elbows, opening up the mid back. Then rotate to open the chest as much as possible continuing to control the body with the core. Increase range of motion each rep.



Bent Over W arm raise- In bent over position with the hips flexed and the spine in a neutral position (Flat), keep the elbows against the body and raise the arms out to the side with the thumbs keeping a bend in the elbows.



Bent Over Reverse fly- In bent over position, with arms fully extended squeeze the shoulder blades and lift the arms out to the side of the body with the arms straight.



Overhead Passthrough- Holding the pipe or band in an overhand position, wider the shoulder width, bring the arms overhead and as far behind the head as possible without pain. Do not let the hips push forward or the elbows to bend (slight bend is ok). Increase how far back you go each repetition.



OR





At Home Off-Season Strength Program

An at home exercise routine will focus primarily on body weight exercises and other objects that you may have handy at home. To build strength it is important to stress the musculature enough to create a response from the body that will produce an increase in strength. There are TWO ways to do that, 1.) With a heavy load or weight, which may not always be possible for each exercise. 2.) Control the tempo by counting to 5 during the eccentric contraction of an exercise. That means when your muscle is lengthening back to the start position control with a very slow five count.

Strength is vital for all aspects of life and sport. Obviously stronger muscles will be able to produce higher levels of force through the paddle into the water. More importantly, strong muscles create strong joints and your bodies abilities to hold positions that are anatomically advantageous which will prevent injuries.

Benefits

- Injury prevention to joints and muscle tissue.
- Improved sports performance.
- Easier to complete daily tasks
- Improved bone density (which can be an issue for BCS population)

Set up & Explanations

***Just as I say in the video. DO NOT continue to attempt any exercise that you feel pain. Be especially careful with any pushing exercise, i.e. pushups and overhead presses.**

***Progressions with strength training need to be slow, especially increasing weights. This will help prevent lymphedema from occurring.**

- This is just a guideline and suggestion for exercises that can be completed at home to at least maintain, if not increase strength while home.
- Complete exercises 1-7 in the recommended repetition ranges or choose 2-3 exercises at a time to superset (go back and forth between the two exercises) that work opposing muscle groups , i.e. rows and pushups.
- If able to complete more repetitions then what is suggested on a regular basis, try and increase load (weight) or slow the tempo during eccentric contractions.

Exercise	Equipment	Notes	Repetitions	Sets
1. Bent over Row OR Band Row	Body weight or light weights	Again, Bent over squeeze shoulder blades and pull weight to the body or side of the body. Wrap Band under feet to create tension, engage shoulder blades and pull	8 each leg	3



2. Dynamic Plank	Body Weight	Start in standard plank position with shoulders & hips square to ground. Tuck hips and brace the core. Alternating between front and side planks every 15 seconds.	Hold twice on each side and in front	
3. Single Arm Overhead Press (kneeling)	Heavy object or unstable object (upside down water jug)	The side with the knee down will also press overhead. Put weight forward into front foot, tuck the hips and press overhead. Keep shoulders level with no shrug	6-8 each arm	3
4. Lateral Raise or Y Raise	Sauce jars, water bottles etc.	Engage shoulder blades, pulling shoulders back and down. Lift hands out to the side about shoulder height. Brace shoulder blades and pull shoulders down as lift arms in a Y position in front of the body.	8-10 Reps	3
5. Pushup	Body Weight Use furniture to elevate upper body to make easier. Or slow descent on ground for added difficulty	Hands positioned just outside the width of the shoulders. Engage scapulas and descend slowly to a 90 degree bend in elbow. Keep back flat using the core. This position will reduce the engagement of the chest muscles, reducing risk of injury in the BCS population	8 Reps	3
6. Squats/ Goblet Squat	Body weight, bucket, furniture etc.	Keep weight about chest height as knees and hips flex to about 90 degrees (if possible) brace core to keep chest up and drive through heels.	8-10 or Very Slow Tempo for 6 reps	3
7. Side Step Up	Body Weight or Hold light weight objects	Engage leg elevated on step by pressing into the heel with chest staying up and out. Only use the leg on top of the step to extend you to a standing position & control with same leg on the return. Keep knee behind the toes.	8 each leg	3

*Additional Exercises below		Here are some additional exercises that are good to mix into the routine.		
Single Leg Bucks	Body weight	One leg Extends Hip in the air using Glute and Hamstring	10-12 each leg	3
Release Pushup	Body Weight	Control body to the ground maintaining neutral spine. When on the floor, lift hands off the floor then extend to start position.	10-12	3
Rollouts	Stability ball or something that slides	In plank position (hips forward core tight) roll or slide extending arms in front of body, use the core to roll/slide hands back under shoulders	10-12	3
Russian twist	Dumbbell, Med ball etc.	Holding a weight rotate side to side holding chest out	15-20	3
Supermans	Body Weight	Face down lift alternating arm and leg using glutes and lower back	12 each side	3

Exercises

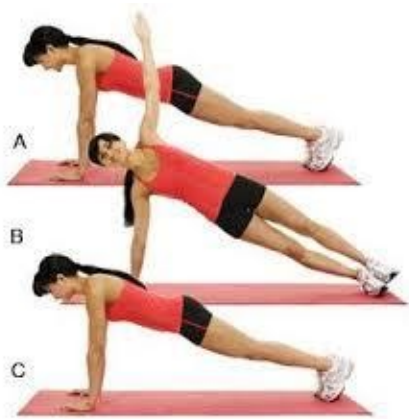
Band Rows



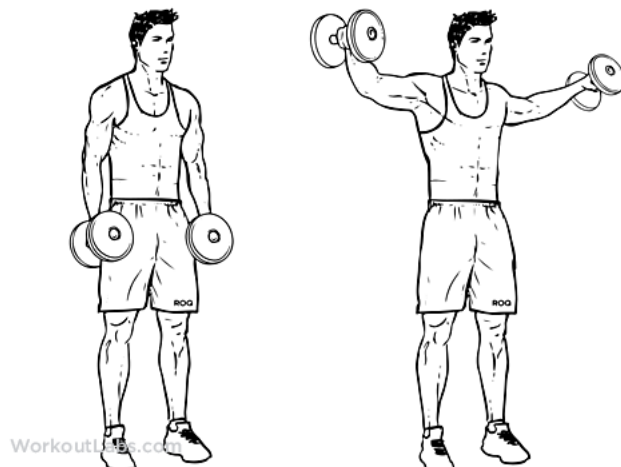
Bent over Row



Dynamic Plank



Lateral Raise



Leg Curls



Pushup



Release Pushup



Reverse fly



Rollouts (anything that slides)



Russian twist



Side Step Up



Single leg Bucks



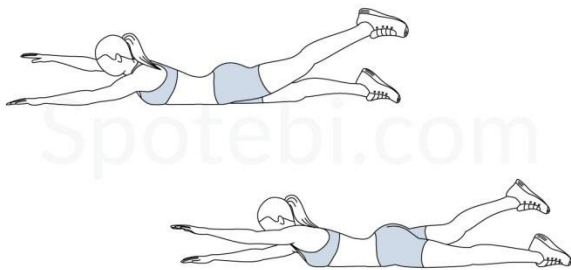
Squat



OR Goblet Squat



Supermans



Sport Specific Exercise Routine

The last group of exercises are meant to improve the neuro-pathway between synergistic muscle groups associated with proper paddling technique. These exercises, completed in the order of the video below, will establish better coordination between the kinetic pathway of energy through the body much like would occur during the paddling sequence. Essentially, this will make you a more efficient paddler with much better motor control, while helping improve body position and your awareness of limbs and joints in relation to the sport of dragon boating. With the necessary mobility and flexibility and increased strength this is the icing on the cake to make you the best paddler possible.

Benefits

- Reduced Risk of Injury
- Improved sport performance
- Improved Proprioception
- Increased Core strength
- Improved mobility of joints

Set Up

- Try and get each exercise set up in it's own separate station.
- Complete these exercises as a circuit to also provide benefit to the cardiovascular system.
- Limit the rest in between exercises
- Follow the repetition or time suggestion following the name of each exercise.

Band Pallof Press- 10-15 second hold each side



Split Stance Rotations- 5 Repetitions each leg



Slide
each



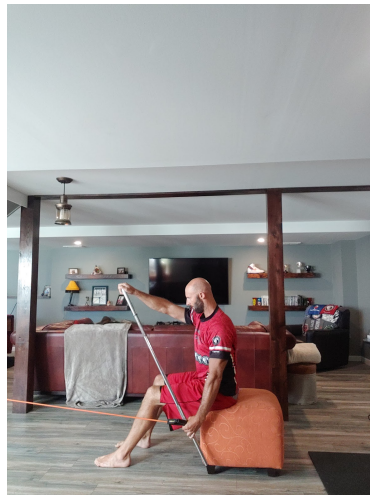
Alternating
Out- 8-10
repetitions
side



Towel/Shirt/Pillow Slam- 30 secs-1 min (as many Repetitions as possible)



Resistance Band Paddling- 30 seconds each side (as many Repetitions, with good form, as possible)



Explanations of Exercises

<https://www.youtube.com/watch?v=SCwoNJznxQU>