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|  |
| Strength and Conditioning |
| Movement |
|  |
| **By British Canoeing & EIS** |
|  |





* **Supine Row**

**Gold Standard Position**

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| Start  Position | * Scapular set * Hands in overhand grip * Squeeze glute * Head/shoulders/hips/knees in line * Knees at 90˚ hips bridged |



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| Movement | * Screw shoulders into sockets * Pull with elbows at 45degrees to body Pull with elbows at 45 degrees to body * Keep trunk braced and glutes squeezed |



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| End Range | * Touch chest to bar * Brace trunk * Shoulders, hips and knees in line |

**Common errors**



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| Flexed  Hip | Cue   * Brace trunk * Squeeze glute   Tip: Coach to put hands on outside of knees to drive against. |



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| Arched  Back | Cue   * Maintain rib and hip space * Ensure shoulders, hips and knees inline   Tip: Use an incline to regress the exercise. |



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| Internally Rotated Shoulers | Cue   * Screw arms into sockets * Pull the bar apart   Tip: Use rings or suspension kits to put shoulders in a neutral position. |

* **Press Up**

**Gold Standard Position**



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| Start  Position | * Hands thumbs width away from shoulder * Directly under shoulder * Head, shoulder, hips and knees in line * Trunk braced * Feet hip width apart |



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| Movement | * Screw arms into sockets * Maintain rib and hip space * Lower body maintaining shoulder, hip , knee alignment * Bend at the elbow |



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| End  Range | * Chests touches floor * Elbows at 45° to body * Elbows pointing towards the ceiling |

**Common Errors**

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| Arched  Back | Cue   * Tuck ribs in. Maintain space between rib and hip. * Hips up, ensure shoulders, hips and knees inline.   Tip: Incline the press up to regress the exercise and ensure full range of movement while maintaining form. |



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| High  Hip | Cue   * Brace trunk   Tip: Place broomstick on back to ensure shoulder and hip alignment. |



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| Internally Rotated Shoulders | Cue   * Keep elbows close to body * Screw shoulders into sockets |

* **Chins**

**Gold Standard**

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| Start  Position | * Hands just outside shoulder width, neutral grip * Start from full hang position, body and legs straight * Ensure there is no swing or momentum before initial movement |



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| Movement | * Brace trunk and squeeze glute * Chin tucked in and neutral spine * Engage lats to begin pull |



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| End  Range | * Chin beached on top of bar * Elbows in towards body * Shoulder, trunk, hip in a straight line |

**Common Errors**



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| Trap Dominance | Cue   * Create space between ears and shoulders   Tip: Use bands arounds knee/feet to assist |

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| Arched  Back | Cue   * Tuck ribs towards hips * Brace trunk |



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| Leg Kick | Cue   * Insure a dead hang before initiating movement   Tip: Place object in front of athlete to create physical barrier |

* **Pull Over**

**Gold Standard Position**



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| Start  Position | * Lying supine on the floor * Knee and hip flexed to 90˚ * Neutral spine * Arms perpendicular with the floor * Scapular set * Create as much space between shoulder and |

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| Movement | * Screw arms into shoudler sockets * Flex at the shoudler moving arms overhead * Arms long and straight |

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| End  Range | * Arms Parallel to the floor * Arms extended * Neutral spine |



**Common Errors**



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| Arched Back | Cue   * Pull ribs into hip * Brace Trunk   Tip: Place hand under back to maintain pressure from neutral spine. Lower weight. |



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| Bent  Arms | Cue   * Ensure elbows are extended * Long Arms   Tip: Place a target/ hand for athlete to aim for |



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| Shoulder Hitch | Cue   * Maintain space between shoulders and ears * Pull shoulder towards hips |

* **Bent Over Row**



**Gold Standard Position**

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| Start  Position | * Knees Flexed and soft * Torso just above parallel to the floor * Hinge at the hip * Head, shoulder and hips in line |

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| Movement | * Pull With Elbows at 45˚ to body * Keep chin tucked in * Maintain torse position just above parallel to the floor * Pull shoulders down |





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| End  Range | * Weight touches bottom of sternum * Elbows pointing upwards * Neutral spine * Soft knees |

**Common Errors**



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| Rounded  Back | Cue   * Stick ‘tail’ out * Chest up- show logo on t-shirt   Tip: Place broom stick along line of spine |

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| Upright  Row | Cue   * Ensure RDL position is achieved * Keep torso just above parallel to floor   Tip: Place forehead on incline bench |



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| Leg  Drive | Cue   * Lower weight * Ensure knees are maintained soft * Maintain torso position   Tip: Perform movement against wall |

**Common errors**

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| Split Squat |

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Set up

* Feet hip width apart
* Both feet and hips facing forwards
* Neutral spine
* Both knees at 90°

Movement

* Front shin perpendicular to the ground
* Front knee tracking along the line of the toes
* Trunk braced
* Drop back to towards the ground

Bottom Position

* Both knees at 90°
* Front thigh parallel to the ground
* Head and chest up
* Weight in heal of front foot

Cue

* Chest up
* Brace trunk

Tip: Start in the bottom position and reverse the movement.

Cue

* Ensure 90degrees in both legs

Cue

* Sit into hip dropping back knee to the ground

Tip: Put stick in front of knee to ensure knee does not track over toes.

Cue

* Drive knees out
* Screw hips into sockets

Tip: Coach to put hands on outside of knees to drive against.

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| Squat |

**Gold Standard Position**

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Set up

* Feet shoulder width apart
* Toes at 11 and 1 o’clock
* Knees track along line of toes
* Neutral spine throughout the lift
* Chest and head up
* Trunk braced

Movement

* Sit the hips back transferring weight to heels
* Knees and hips bend at the same time
* Trunk braced
* Knees to track along the line of the toes

Bottom Position

* Knees to track the line of the toes
* Chest lifted and head up
* Trunk braced
* Weight sitting through the heels
* Top of thighs parallel with the floor

Cue

* Drive knees out
* Screw hips into sockets

Tip: Coach to put hands on outside of knees to drive against.

Cue

* Sit back into hips
* Sit on a chair

Tip: Use box to reach towards with hips.

Cue

* Chest up

Tip: Perform a balance squat holding onto partner to ensure trunk alignment.

Cue

* Chest up
* Maintain space between ribs and hips

Tip: Imagine you have a tail; tuck the tail between your legs.