

<b>7 Areas</b>	
<b>Explosive</b>	Video comments
<a href="#">Push Press</a>	Pretty solid example, try to move the bar with your legs, it should feel like it just floats up and you stabilize it at the top with your shoulders
<a href="#">Broad Jump</a>	Also good video - keep hands in front, be deliberate with starting stance. Measure your max jump, make every jump within about 6 inches of it
<b>Lower Push</b>	
<a href="#">Split Squat</a>	Back leg should point forward, front leg should point slightly in (adds to stability). At bottom of squat, front knee is roughly above front toe, back thigh is perpendicular to floor. Don't pivot forward during down motion (but ok to lean slightly forward without moving on the up or down)
<a href="#">Front Squat</a>	This shows back squat and front squat, we will only do front squat. But watch from the beginning - key is to break hips first, then just drop down - no more forward motion. Reverse it on way up - drive heels through floor till 1/2 way, then start opening hips. Once you master it, take out pause.
<b>Lower Pull</b>	
<a href="#">SB Leg Curl</a>	Main point is that body is stable. I prefer that you keep the heel of the foot which is off the ball hovering over the ball (leg more extended, but not up)
<a href="#">SLDL</a>	Hip hinge is key (see video below). Start with knees very slightly bent to allow you to hinge from hips, don't bend knees more. Back can go almost parallel to floor.
<b>Upper Push</b>	
<a href="#">Push up</a>	Keep shoulders stable.
<a href="#">Bench Press</a>	You can also do regular bench press with a bar. Make sure head is on bench, and lower bar as in video (don't lower it towards your face/neck)
<b>Upper Pull</b>	
<a href="#">Bent over row w/bar</a>	Pull more toward belly button, make sure you don't slowly stand up - stop video at 4' mark
<a href="#">Bent over row DB</a>	Her feet are too close together, but otherwise a good video, listen to her key points about stability in core and shoulders. You can also do these on the bench
<b>Obliques</b>	
<a href="#">Russian Tw</a>	Most people do this exercise incorrectly. Stability your core, while moving a weight from side to side - can be a dumbbell, weight plate, kettlebell, etc
<a href="#">SB Side crunch</a>	Brace against a wall. If you sit on a ball, facing a wall, just turn onto your hip and your legs will position correctly. Hands overhead is harder.
<b>Abs</b>	
Clams	Lie on floor, arms overhead, legs straight. Raise arms and legs to touching (head stays on ground). 'Throw' arms and legs back to ground without letting them touch the ground, raise them up again, etc
Sky press	Lie on floor, legs slightly bent. Hold a weight with straight arms (like the top of a bench press). sit up, keeping arms straight and 'push' weight to the sky
Points:	
1. Athletic position is starting point for every standing lift - feet shoulder width apart, align ankles, hips, shoulders, ears (check the ears!), pack your core	
<a href="#">2. Learn how to hinge your hips</a>	Hip hinge is critical for rowing, and safe lifting
3. Each Session do one from each category: Explosive, Upper push, Upper pull, Lower push, Lower pull + 2 Core = 7 exercises.	
4. Pair exercises, such as: Explosive + Oblique, Lower Pull +Upper Push, Lower Push + Ab Rect, then Lower Push + Add in 2 rehab/prehab (you pic	
5. Switch exercise in each category each session - shaded grey exercises one day, unshaded the next. Don't lift 2 days in a row. Great to do it at least 2 x's week, 3 is great if possible at times	
6. First 8 weeks, focus on technique, range of motion, injury prevention, and athleticism. If you can complete 3x12 reps, go up in weight. Don't rush the weight gains!	
7. Think about how you want to row, control when you compress, explode when you open. Keep shoulders and core stable - drive movements with legs.	
<b><u>Warm up: 10' run/erg/bike PLUS: Booty Jacks and Plank Jacks, 1' Bear crawl (keep hips level), 10 sumo squat, 10 side lunges (per side), 10 Thumbs up (slight squat, hands in Y over head, bend over, push thumbs to sky and hold 3 seconds, repeat), 10 downward dog/plank/python.</u></b>	
<b>End of lift, do 10 Stretches 1' each: Rocker, Dog/python, Slow Roll up, Thumbs up, Superman, On Side around world, Scarecrow, Hip stretch, Square twist, Hands up Squat, Side glute, Triangle.</b>	
Or add your own - make sure to include ones that stretch you hips and upper spine while keeping core/shoulders stable	