Body Balance – Structural Evaluation

Understanding and correcting your specific flexibility and strength imbalances is essential to helping you achieve a long, powerful, and balanced rowing stroke, while at the same time significantly reducing the risk of developing injuries or even eliminating chronic injuries. This session includes Coach Kaehler’s comprehensive Body Balance Structural Evaluation, which is followed by a unique personalized hands on corrective exercise training session which teaches the athletes how to effectively correct the identified whole body imbalances by mastering control of the spine.

The body balance process empowers athletes to be able to row more powerfully and avoid injury by shifting stresses of the rowing stroke toward proper support muscles, and away from the low back, ribs, and other passive tissues. Athletes are empower by learning (on an internal level) how to make the spine system a controlling worker versus a moving worker when the extremities are under working loads. This powerful process allows athletes to train at their true potential and virtually eliminate training related injuries regardless of how hard they train. For more information on the Body Balance Structural Evaluation process please go to the “Body Balance” page on the Coach Kaehler web site. At the end of the session I will show you a very powerful erg training drill that pulls everything together so you can see the direct correlation to your rowing stroke.

**Individual Session:** ($997)

Each evaluation is followed by a private session to review specific corrective body balance exercises. Each participant will receive their own Body Balance corrective exercise booklet which addresses identified strength and flexibility deficits. The booklet includes detailed instructions (pictures and text) on how to perform each movement.

**Group Session:** ($349/per athlete – 4 athletes per group session) or ($649/per athlete – 2 athletes per group session)

Each athlete receives a private evaluation which is blocked scheduled in 40 minute increments. Immediately following the evaluations a group session is scheduled to review how to do each of the corrective exercises and learn how to master spine control. Each athlete also receives an individualized corrective exercise booklet that addresses their own specific identified imbalances. A maximum of 10 athletes can be seen during one day.

A private room is required for the Body Balance Evaluations. Group exercise instruction (up to 4 athletes) requires a large open area where all participant can lie on the floor with arms and legs extended.

**Equipment necessary to instruct the group corrective exercise session include;**
Physio-ball (55cm or smaller) - (Exercise/Swiss ball) – one ball for each two participants is suggested.

Light dumbbells (5 to 15 pounds)

Exercise mats if desired. We will be on the floor.

Ergometers

1 – 12 inch step stool