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Cursus Introductie MudaGym

In the first document we share our vision, mission and goal where we stand for. We share the steps that need to be taken to become a classified trainer within rowing.

MudaGym

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MudaGym® academy

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1. About MudaGym theory	5
1.1 Who are we?	5
1.1.1 History of the rowing machine	5
1.2 Vision, Mission and Goal	5
1.2.1 Vision	5
1.2.2 Mission	5
1.2.3 Goal	6
1.3 MudaGym Triangle	6
1.3.1 Triangle structure:	6
1.3.2 What the client sees—the visual element of the MudaGym triangle	6
1.3.2.1 The trainer	7
1.3.2.2 The time span of the training	7
1.3.2.3 The displays of the rowing machine	7
1.3.3 The auditory element of the MudaGym triangle	7
Voice:	7
Noise:	7
Music:	7
1.3.4 The feeling element of the MudaGym triangle	7
2 Before the training starts	8
3 Safety	10
3.1 Welcome the client (Personal)	11
3.1.1 Step 1: Check how they feel	11
3.1.2 Step 2: Check for injuries	11
3.2 Adjust the rowing machine to the client's posture	12
3.3 How to handle resistance	14
3.3.1 Step 1: Adjust the resistance	14
3.3.2 The explorers (1–10 times)	16
3.3.4 The achievers (≥21 times)	16
4 The workout	17
4.1 The warm-up	17
4.1.1 Technical warm-up	18
4.1.2 Increase the intensity of the warm-up	18



4.1.3 Specific warm-up	19
5 The training	19
5.1 Forms of intensities	19
6 Cool-down	20
6.1 Types of stretch exercises	20
1. Hamstrings	20
2. Glutes	20
3. Back muscles	21
4. Shoulders	21
7 Additional cool-down activities	22
7.1 Aftercare	22
8 Technical rowing	22
8.1 The sequence of the preparation phase	23
8.1.1 Starting posture	23
Step 1 in the preparation phase	24
Step 2 in the preparation phase	24
Step 3 in the preparation phase	24
8.2 The sequence of the explosion phase (the stroke)	25
Step 1 in the explosion phase	25
Step 2 in the explosion phase	25
Step 3 in the explosion phase	26
8.3 Last in, first out (LIFO)	26
8.4 Handle position	26
9 Monkey eating banana	27
9.1 MudaGym language:	27
9.2 How to become a monkey eating a banana	30
9.2.1 Know the type of training	30
9.2.2 The timeframe with highlights	31
9.2.3 Choose your overall technical focus	31
9.3 Do not think of the pink elephant	31
10 Technical focus	32
10.1 Exercises on the rowing machine	32
1. Arms only	32



2.	Arms and backswing	33
3.	Legs-only pulse	34
4.	Legs only	35
5.	Legs and backswing	36
6.	First, second and third checks	37
7.	Quarter and half bench row	39
8.	One-arm row	40
9.	Underhand grip pull	41
10.	Bicep curls	41
11.	Hinge	42
12.	One-leg row	42
13.	Strapless row	43
11	Row in balance	43
11.1	Baseline tempo	44
11.2	Contrast in rowing	44
	High contrast	45
	Medium contrast	45
	Low contrast	45
11.3	Breathing rhythm	45



1. About MudaGym theory

1.1 Who are we?

At an early age, we began our—unintended—rowing career. As our aspirations to row competitively grew, so did our dreams about participating in the Olympic Games. After thousands of kilometers of rowing, hundreds of hours of weight-training and countless rowing competitions, we earned our first bronze medal at the World Championships.

We started MudaGym in 2016 with the ambition to become your inspiring personal trainer, where your dream becomes your goal. Our knowledge, experience and eagerness to learn continuously are the foundation and formula for your success.

1.1.1 History of the rowing machine

For more than 120 years, rowing has been an Olympic discipline, and it has been a leading sport since 1896. Because rowing is an official competition sport, the rowing machine was invented around 1900. To date, the rowing machine can be found in almost every gym. Unfortunately, not many people use this fitness machine, and the daredevils who do use it barely control the technique.

Given that the rowing machine is an under-appreciated fitness tool, we decided to change this image through MudaGym. We bring technique, variation, stamina and strength training under attention for trainers. Aside from the interest in working out on a rowing machine, we feel the need to share all our thoughts.

1.2 Vision, Mission and Goal

1.2.1 Vision

We aim not only for gold but also to expand knowledge and experience. Every day is a day to learn and improve to finally rise above yourself. With our accumulated knowledge, experience and insight, we offer a course with a view to

- 1: Deliver a safe and grounded training methodology in a group setting, but with a focus on individual improvement.
- 2: Make the unattractive rowing machine a challenging, enticing and accessible piece of equipment for everybody.
- 3: Share new training insights that not only increase the efficiency and effectiveness of the workout but also foster a different mindset around working out.

1.2.2 Mission

From our intrinsic motivation, we strive to improve classes that can be followed safely and by everyone. The possibilities are endless and accessible to every level:

- 1: With the triangle communication structure, we ensure the foundation is laid for a safe, high-quality, informative and effective training structure.
- 2: We do not think of it as rowing but rather as a full body workout.

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1.2.3 Goal

The goal is to deliver trainers an alternative full-body workout that can be performed by anyone. Furthermore, the course brings quality where stamina and strength training will be combined. Customer orientation, fun and a focus on technique will be crucial factors to success.

1.3 MudaGym Triangle

We have set up a structure, namely the MudaGym triangle, to achieve our vision and mission. Using this communication triangle, we realize a safe, high-quality training environment through visual, auditory and feeling elements.

The MudaGym triangle will be the driving structure throughout the course as well as during all of the training sessions that you will deliver. We always want to see the triangle communication structure in your development.

1.3.1 Triangle structure:

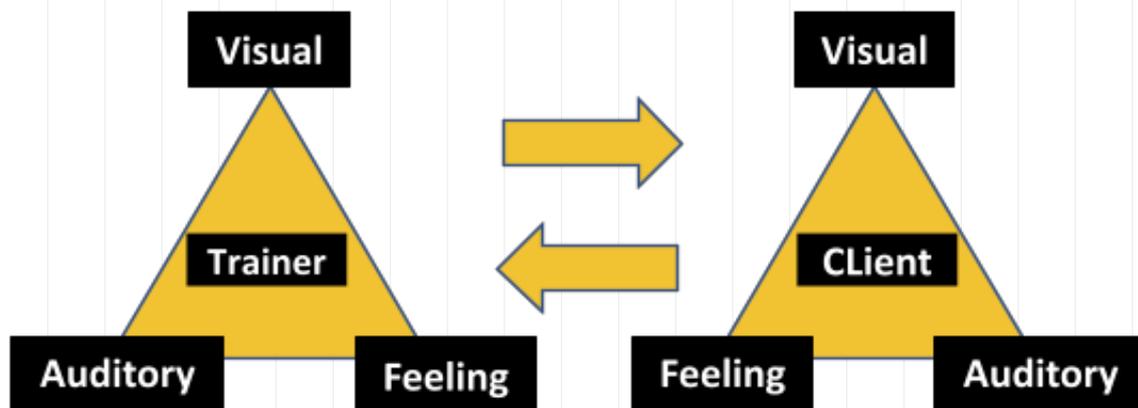


Figure 1: triangle communication structure

This triangle is a mutual communication structure that you as a trainer apply to convey information to the client. However, as a trainer, you are not only sending but also receiving information.

1.3.2 What the client sees—the visual element of the MudaGym triangle

During the workout the eyes are observing a lot of stimuli; like a trainer demonstrating the movement, training-data that appears on the rowing machine and other attendees. However, what we are looking at is often unclear. As trainers, our task is to provide an image that the client can imitate. We must also determine whether the client is imitating us properly. This provides feedback which we can use to guide the client better through the workout.



1.3.2.1 The trainer

The client looks at the trainer; in theory, the trainer is the moving, talking mirror for them. To be as clear as possible, we expect you as a trainer to demonstrate each movement as best you can. Later, we discuss the rowing movement, exercises and posture of the client.

1.3.2.2 The time span of the training

The time span that the trainer follows and that the client can see is the red line of the training. In it, we will display all exercises, training forms and block durations. Each training has its own structure and focus, which we present in Chapter.....

1.3.2.3 The displays of the rowing machine

In addition to the trainer and the time frame, clients also have a tablet in front of them that displays their own data. This data includes the power output, curve line and tempo. We consider these three components the most important because we can anticipate them. In Chapter, we discuss the display, rhythm and curve line.

1.3.3 The auditory element of the MudaGym triangle

Sound, in addition to visuals, is a source of information that offers plenty of information during the workout. Sound is subdivided into voice, noise and music.

Voice:

Our voice tells a story and provides additional information to the image we are projecting. It describes what we are doing or what is projected on the screen or display of the rowing machine.

Noise:

Using the rowing machine provides noise and therefore information. It can help in adjusting the rowing technique. Think also of faster breathing or moaning: we must process these factors in order to make the right decisions during training.

Music:

Music is a stimulus to motivate, uplift or unwind. It is an important component of the workout and connects the whole workout together. Volume and tempo changes also signal to the client what they are supposed to do in the workout. This will be explained in more detail later in the course.

1.3.4 The feeling element of the MudaGym triangle

Sport is a feeling that is difficult to define. When it comes to feeling, we mainly pay attention to the muscles that are activated during the training. What does the client feel, where does the client feel it, and what does the client feel when you correct them? As trainers, we should know which muscles are being used. During the activation of the muscles there will be tension on it. By asking the client where they feel tension, we can check if it is correct or not.



“While applying the MudaGym triangle, we expect you as a trainer to combine at least 2 aspects at the same time, for example explaining the rowing movement while demonstrating the movement yourself.”

2 Before the training starts

Before the actual training begins, you are already working as a trainer. proper preparation before the workout starts is recommended. But what do we want to see in you as a trainer? The 3 main qualities that “always” emerge are safety, high quality and personal.

The course is structured in several levels and divided into several documents. We divide the course into different stages and will increase the levels per stage.

Stage of the course	Focus of the workout	Level of the trainer
Stage 1	MudaGym’s vision, mission and goal sharing	Level 1 In this phase, we share our values and our triangle approach. This is the foundation of the course and shows our identity.
Stage 1.1	Safety above all	Level 1 As trainers, we are responsible for the client’s safety. Safety is the first priority of MudaGym. We create safety by following our values and the triangle approach.
Stage 2	Safety requirements Level 1 trainer	Level 1 <ol style="list-style-type: none"> 1. Welcome the client 2. Adjust the rowing machine 3. Adjust the resistance of the rowing machine 4. Build up the workout The stage comprises the first steps the trainer will take when the client arrives to prepare for the training.
Stage 2.1	The workout from a–z	Level 1 <ol style="list-style-type: none"> 1. The warm-up 2. The workout 3. The cool-down 4. After care This is the point where we share our training set-up, including the workout we have designed. This is also an identification set-up.
Stage 2.2	The rowing technique	Level 1

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		In this phase, we share the rowing technique and the sequence of the motion. This establishes the basics well to ensure a safe rowing technique.
Stage 3.1	Focus on the projected timeline of the workout	Level 1 <ol style="list-style-type: none"> 1. Follow the timeline 2. Monkey eating a banana *keep it simple This is the combination of everything above to create a smooth, stimulating and fun workout. The basics ensure that one can safely work out.
TESTING KNOWLEGDE	Questions about	All we have done in Level 1
Stage 3.2	Technical rowing	Level 2 Explain technical rowing and what the requirements are. Here, we share more information about the posture and breathing, and we start talking about different exercises.
Stage 3.3	Technical exercises	Level 2 <ol style="list-style-type: none"> 1. The exercises 2. Explain “why” we do the exercise The exercises make it easier for the client to understand the rowing motion and where the client’s focus should be. This improves the training quality and safety and increases efficiency.
Stage 4	Rhythm row	Level 2 <ol style="list-style-type: none"> 1. Balance row 2. What is contrast row 3. Breathing option
TESTING KNOWLEGDE	Questions about	All we have done in Level 2
Stage 4.1	Stroke detection	Level 3 <ol style="list-style-type: none"> 1. Line curve reading 2. Data analysis Here, we focus on individual progress. You will learn to read the tablet and understand



		where the client can improve their technique.
Stage 4.2	Detecting injuries	Level 3 <ol style="list-style-type: none"> 1. What are the most common injuries? 2. Know the symptoms We share the most common injuries with rowing.
TESTING KNOWLEGDE	Questions about	All we have done in Level 3
Stage 4.3	Injury control	Level 4 <ol style="list-style-type: none"> 1. How to avoid injuries 2. Basic exercises for avoiding injuries
Stage 5	Injury control—individual	Level 4 <ol style="list-style-type: none"> 1. Explain the exercise differently (talking) 2. Adjust client's posture by touching
TESTING KNOWLEGDE	Questions about	All we have done in Level 4

Now that you know the structure of the course and what the levels entail, we will start at the beginning and master the basics so we can provide safe, high-quality training for our clients.