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Stage 2: MudaGym safety

At MudaGym we use the pillars safety, quality and fun. Safety is our priority and is an important trademark of our workouts before, during and after the workout.

MudaGym

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MudaGym® academy safety

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Safety

MudaGym considers safety as a very important pillar, if not the most important one. Therefore, it is our priority to strive for it at all times. But when has a safe training environment been created? As a trainer you are responsible for your client and must take all signals seriously. Here we look at the following aspects to make the basis as stable as possible.

1. Welcome the client before the training begins / ask them how they feel and if there is something we need to be aware of.
2. Adjust the rowing machine as it should be
3. How to coop with resistance
4. The training build-up

Welcome the client (Personal)

A client is more than a revenue source, it is an individual who enjoys coming to train with you. If you want them to come back, then a respectful, friendly and open attitude is vital. The attitude of you as a trainer determines whether the training is successful.

When is the training successful?

1. When no injury is caused by you (or you try to avoid that)
2. You have communicated what you want to teach your client
3. That the client will be leaving the gym with a happy face
4. That the client will revisit your next training.

Above all, look at what you can do for the customer. This starts with welcoming the person into your class. Some guidelines you use to personally approach the customer.

Step 1: Check how they feel

It sounds logical to ask how someone is doing. But the art doesn't lie in the question but how you open up towards someone. Of course, we also have to deal with time pressure and large groups so it is often difficult to make a connection with your customer.

Nevertheless, try to make a connection with the customer. Above all, this gives you information and creates revisiting customers. You create your own fan base. Make a short talk to be able to connect with the client.

Think about this: Where are you from? What kind of sports do you normally do? What kind of work do you do?

Also look at ages, because someone your own age will respond differently to questions than someone not your age. This also allows you to ask more specific questions: like are you going out this weekend or to a fun festival? These questions are superficial, but help to make a contact. Of course, try to remember the answers so you can jump in on their answer next time.



Step 2: check for injuries:

Of course, knowing the client's physical/mental state at the moment of the workout is very important. Therefore, always ask about injuries or how they are feeling physically or mentally?

To possibly already make adjustments before the training starts (read chapter injuries) you give the signal of caring for a safe training. With this you are gaining confidence and trust in you as a trainer. Often it happens that the client doesn't tell you about their injury, so it's also very good to know that you can observe injuries. This we discuss later when you are ready for Level 3.

Adjust the rowing machine on the client posture

This chapter mainly grounds the regular situation you are dealing with most of the time. It shows the desired situation. In the chapter uncommon situations, we describe alternatives that can be applied and what these options will entail.

It makes sense to check your equipment before you start your training. But practice often shows otherwise. We go through a number of steps so that everyone can start the training right away.

Step 1: Determining the feet position

Check the height of the footboard. This allows you to adjust the feet to the correct height. We would like to see the entire foot on the footboard. If the toes are above the NON-adjustable part of the footboard, then he/she must slide down the adjustable part (indicated with numbers from 1-6). As a result, the heel of the foot will drop closer to the ground, so that the foot will stand more fully on the footboard. This applies to the most accessible rowing machines such as Concept2, RP3, TechnoGym and Waterrower.

Another way to check if the feet are positioned correctly is to look at the straps. The strap should be positioned at the level of the forefoot of your feet. This is exactly where your toes start.


It is very important to check each of them their feet position and if necessary, to correct it. To save time and help each of them you can share the following information.



<table border="1"> <thead> <tr> <th>Shoe size</th> <th>Position feet</th> </tr> </thead> <tbody> <tr> <td>36-37</td> <td>Number 1</td> </tr> <tr> <td>38-39</td> <td>Number 2</td> </tr> <tr> <td>40-42</td> <td>Number 3</td> </tr> <tr> <td>43-44</td> <td>Number 4</td> </tr> <tr> <td>45-46</td> <td>Number 5</td> </tr> <tr> <td>47></td> <td>Number 6</td> </tr> </tbody> </table>	Shoe size	Position feet	36-37	Number 1	38-39	Number 2	40-42	Number 3	43-44	Number 4	45-46	Number 5	47>	Number 6	
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Perfect adjustment	
Advantage	When perfect adjustment
Low risk on injuries	Safer for the client
No stress on joints and muscles	Straps are on the right position on the foot



When you have said it to the customer, please always check the height of their feet. it may vary due to the thickness of the sole of the shoe or that they come on bare feet.

Extra TIP:

Check the flexibility of the trained person's Achilles tendon by squatting. If the trained heels do not hold on to the ground, the Achilles tendon is too short. We then recommend that the trained person adjust the footboard more downwards. This will reduce the strain on the back during the workout. (See figure 2.2)

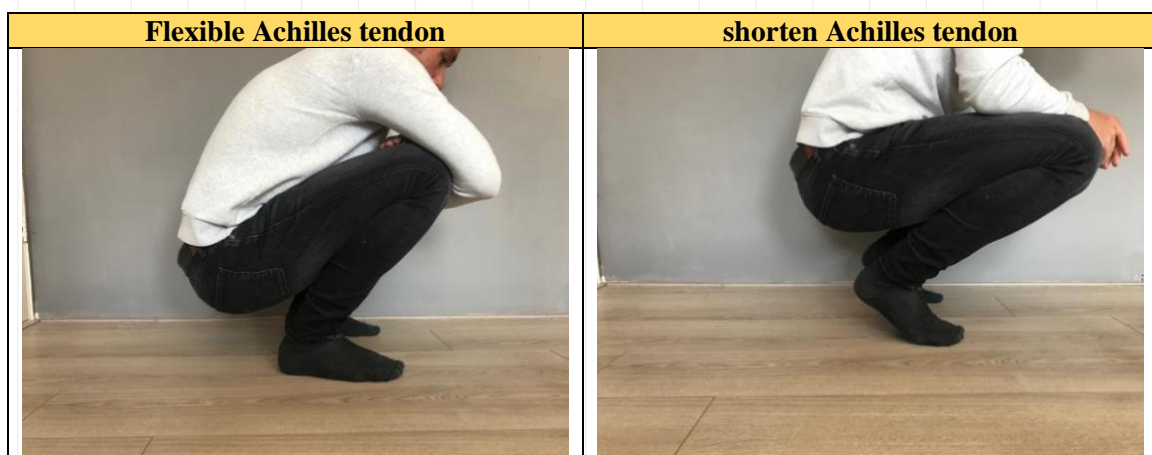


Figure 2.2: testing Achilles tendon flexibility

How to coop with resistance

Often within gyms you see many inexperienced people sitting on the rowing machine and having the resistance immediately set up to the heaviest level. Just for everyone's perception: **Olympic rowers rarely train on the heaviest resistance.**

Training at the highest resistance brings risks and can lead to injuries. The rowing motion is by itself a difficult technical movement and can cause injuries due to incorrect postures,

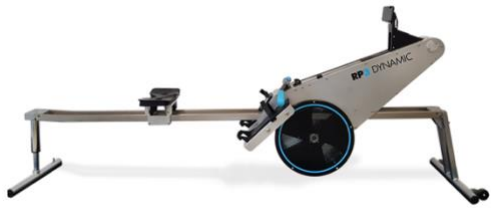




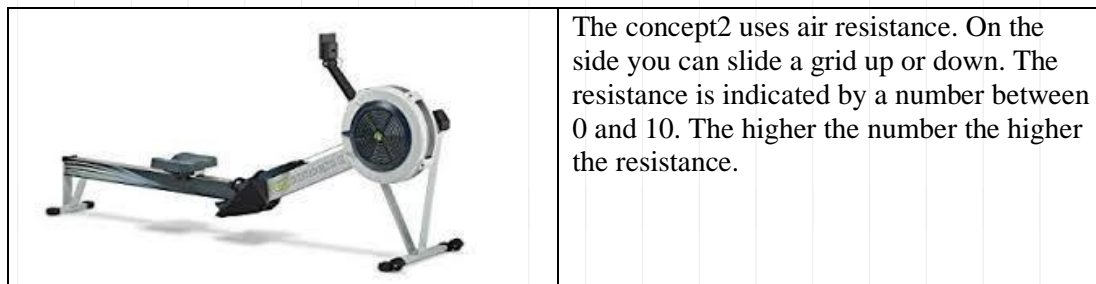
improper movements or overloading the muscles or joints. We always start with technique before increasing tempo or resistance.

When the client is capable of mastering the correct rowing technique, he or she will already experience that resistance increases on the muscles. It is the amount of energy delivered on the rowing machine which is translated into wattage. The higher the wattage the more energy is produced. *See chapter technique how to master the rowing motion and knowing how to communicate it to the client as a trainer*

Step 1 adjust the resistance

When starting the workout, we always start on the lowest resistance. This is to ensure that the muscles are not overloaded during the warm-up. Different rowing machines allow you to set the resistance in different ways. See the examples below:

Type rowing machine	Resistance slider
	<p>The RP3 uses air resistance that can be adjusted by means of a slide. The resistance is indicated by a number between 1 and 10. The higher the number the higher the resistance. The slider you will find just above the handle on the rowing machine.</p>
	<p>The TechnoGym rowing machine uses drag and magnets to increase resistance. With a button in the middle of the rowing machine that you can turn to the right to increase the resistance.</p>
	<p>The WaterRower uses resistance of water. In the reservoir where the water can enter, you can decide for yourself how full you want it to be. The more water, the higher the resistance.</p>



Of course, we can adjust resistance per individual that is based on experience. We will be giving an indicator per individual. Please note, someone is not necessarily good if he/she has participated more than 20x in the rowing class. But this also means the other way around. Sometimes someone has only had 3 lessons and has mastered the technique so well that he/she can do slightly heavier.

We can give clients different titles:

1. The explorers (1-10 times)
2. the confidants (11-20 times)
3. The achievers (21> times)

The explorers (1-10 times)

The beginner starts at resistance 1 (lowest resistance of the training) and keeps it the whole training like that. If the person's technique is good and conforms to the following requirements then they can add resistance.

Following requirements: (all of these need to be there)

1. Applies the sequence of rowing movements correctly. (see chapter....)
2. Is able to achieve the correct posture and maintain it during the workout
3. And is able to control the rhythm (see chapter....)

With how much resistance do you want to go up and what would be the best way to phrase this?

Because they are beginners you will not go straight to the desired resistance of someone who is more experienced. It is recommended to go up one level at the time, and if you are doing this in a group it is best to specify this as well.

Example:

1. ***Everyone may increase the resistance by 1 level.***

Or

2. ***Everyone can go to resistance level 4, but the beginners go to level 2.***

The confidants (11-20 times)

This group is more familiar with the rowing motion and knows what to expect. It does not guarantee that they can do everything already and therefore we continue to be critical with increasing resistance. See requirements at: the explorers.



We always start with resistance 1 and after the warming up we can adjust the resistance to the desired training type. (Read chapter on training types)

The achievers (21> times)

The achievers come along more often and have enough experience with the rowing machine and can usually row more rhythmically. To continue to challenge this group, you are able to slightly increase the resistance during the warm-up. Do this up to a maximum of level 3 and only later in the training you can increase the training resistance.

However, even with this group it is not a guarantee that they can row well and they must also meet the requirements that we set for the discoverers.

Type of training	Level experience	Maximum resistance during the training
Technical endurance resistance	The explorers	Resistance 1 (Full training)
Technical endurance resistance	The confidants	Resistance 1 (start) – till max resistance 3
Technical endurance resistance	The achievers	Resistance 4 (full training)
Power training	The explorers	Resistance 1 (start) – till max resistance 5
Power training	The confidants	Resistance 3 (start) - till max resistance 5
Power training	The achievers	Resistance 4 (start) – till max resistance 7
HIIT	The explorers	Resistance 1 (start) – till max resistance 3
HIIT	The confidants	Resistance 3 (start) - till max resistance 5
HIIT	The achievers	Resistance 4 (start) – till max resistance 6
Strength endurance	The explorers	Resistance 1 (start) – till max resistance 3
Strength endurance	The confidants	Resistance 3 (start) - till max resistance 5
Strength endurance	The achievers	Resistance 4 (start) – till max resistance 6

During the training you are free to add or take off resistance as long as the customer rows well and has the minimum risks of injuries!