



TRAINING WITH

Hans-Christian & Lars-Peter Rosendahl

As grinders with Denmark SailGP Team presented by ROCKWOOL, the 23-year-old duo from Copenhagen are key to fueling the boat with the power to race around the course at lightning speeds – and with the most physical role onboard the supercharged F50 boats, they have to be at the top of their game, both physically and mentally.



HANS-CHRISTIAN

ROSENDAHL

AGE: 23

 HEIGHT:
 185 cm

 WEIGHT:
 93 kg

NATIONALITY: Denmark

HOMETOWN: Copenhagen

POSITION ON BOAT: Grinder
HOBBY: Olympic
Weightlifting

STRENGTH

OF STONE: Robustness



AGE: 23

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STRENGTH

OF STONE: Fire resilience





Meet Hans-Christian and Lars-Peter Rosendahl – identical twins, CrossFit addicts and grinders on the Denmark SailGP Team presented by ROCKWOOL

Hans-Christian:

Grinding at this level is like a cross between rowing and CrossFit... in other words, it's pretty tough. But it's not all about state-of-the-art gyms and world-class training regimes. The pair love a simple, home workout – and have shared some of their go-to exercises to help you build strength, boost cardio and increase flexibility without even leaving the house!

They call it the #ROCKsolid home workout. Give it a go – with five sets of exercises each targeting a different area, you could be on your journey to becoming a SailGP grinder in less than a week! Hans-Christian talks us through some of the movements and why they're so important to keep the boat moving fast.







"As a grinder in SailGP, cardio is really important. Although a lot of our focus is on building strength, I still spend around half of my time on cardio – yes, you need to be strong, but you also need a big heart and lungs.

"If you're trying to bulk up, you still need to do cardio, but it's important to approach it in a different way. Try limiting yourself to shorter interval training, rather than long runs. We do a lot of agility exercises and functional training – running in different patterns, and focusing on footwork. That's important as we spend a lot of time running across the boat when it's moving at crazy speeds and angles.

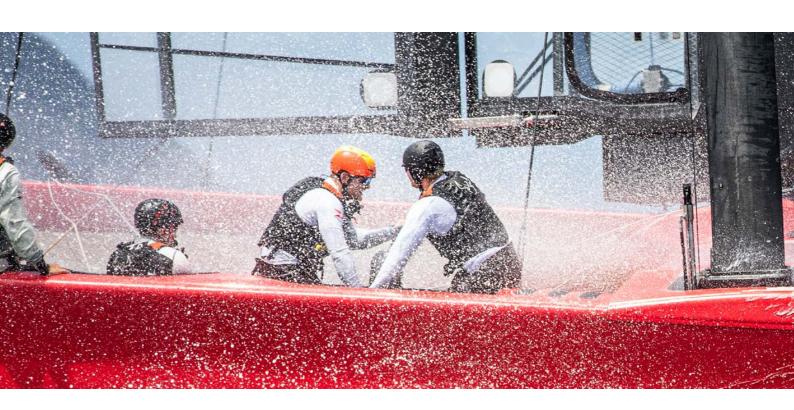
"100 burpees is pretty tough, but it's more than possible in the time limits. If you're not thinking about quitting halfway through, you're not hitting it hard enough."

Cardio

100 burpees against the clock

Burpees can be tough, but you've got to keep pushing to get big lungs for grinding If you're a pro you should aim to complete 100 burpees in around 5 minutes, and if you're a beginner, anywhere up to 8 minutes.





#ROCKSOLID WORKOUT 2 Pull (back)

Hans-Christian says:

"Pulling is one of the most important movements in a grinder's locker, and so a strong back is key, not just for performance, but to avoid injuries.

"Many people tend to neglect their backs, but my top tip to anyone wanting to become a grinder would be to spend time building a strong back, as it can make a huge difference.

"Plus, if you work your upper back and traps, you'll look like Dwayne 'The Rock' Johnson... and the girls love it!"

Pull

5 towel pulls

15 high pulls

15 low pulls

15 curls

The back is super important to keep the handles moving and the boat going fast. It's three exercises, 15 reps in each, and if you can get a partner to do these exercises with.







"Learn to love leg days - we definitely do! When you're grinding onboard a supercharged F50, a lot of your power comes from your legs, as that's the only point you have in contact with the boat.

"We've always focused heavily on our legs, as our background is in Olympic weightlifting – and we often train legs 3-4 times per week. It's good to work the legs, as they're such big muscles with a lot of blood flowing through them.

"Our legs are a bit smaller now than they have been in the past – in fact, at one point Lars-Peter's legs were so big that he couldn't buy normal trousers."

Legs

Booty blast 300 100 air squats 100 lunges 100 step ups

The legs are key to keep the body supported – and we actually put in quite a bit of distance running fast across the trampoline on the F50!







"This is one of the toughest workouts in the #ROCKsolid challenge. To be honest, I struggle to complete all three exercises in one go, as I'm pretty heavy and it's a lot of weight to push. If you can do it, well done! As a grinder, pushing is a really important movement, not just forwards, but you also push when you're going backwards a little bit.

"We're lucky to have a grinding machine in the apartment, and we spend a lot of time practicing our grinding on that. If you have one in your local gym, try it out – we aim to maintain 80 turns per minute... and it's pretty tough! It's very similar to grinding on the F50 – the height is the same, the length of the arms is the same, but you don't have the movement of the boat. We'd love to incorporate that into the machine."

Push

- 10 bodyweight tricep extensions
- 8 diamond push-ups
- 6 plank to push-ups (each arm)
- 4 eccentric push-ups

This is a great workout for growing your arms, especially your triceps which is the biggest part of arm. It will help you to make the boat go fast.







"A strong core is the foundation of everything when you're trying to build strength and fitness. It's so important as a grinder to have a good core to keep you stable and powerful as the boat is moving.

"When the boat turns, it's really difficult to continue grinding – the G-Force makes it super hard to push through the handles, and that's where you really need to be able to rely on your core."

Core

10 sit-ups

10 atomic sit-ups

10 V-ups

It's important to have a strong core when you're grinding on the boart.





