



# #ROCKsolid home workout

With Denmark SailGP Team's  
Hans-Christian and Lars-Peter Rosendahl



# 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

<b>AGE:</b>	23
<b>HEIGHT:</b>	185 cm
<b>WEIGHT:</b>	93 kg
<b>NATIONALITY:</b>	Denmark
<b>HOMETOWN:</b>	Copenhagen
<b>POSITION ON BOAT:</b>	Grinder
<b>HOBBY:</b>	Olympic Weightlifting
<b>STRENGTH OF STONE:</b>	Robustness



**LARS-PETER**  
ROSENDAHL

<b>AGE:</b>	23
<b>HEIGHT:</b>	185 cm
<b>WEIGHT:</b>	98 kg
<b>NATIONALITY:</b>	Denmark
<b>HOMETOWN:</b>	Copenhagen
<b>POSITION ON BOAT:</b>	Grinder
<b>HOBBY:</b>	CrossFit
<b>STRENGTH OF STONE:</b>	Fire resilience



## THE POWER OF NATURE

There is something uniquely exciting about the power of nature. It can be a source of both inspiration and awe; harnessing it is the ultimate achievement. At ROCKWOOL, we have been able to break down the natural power of stone into seven unique strengths that help millions of people every day to tackle climate change and improve life in cities. That is why we also feel extremely proud of SailGP athletes Lars-Peter and Hans-Christian Rosendahl. They work hard every day to harness the power of the wind to go ever faster in the race for success.



### HANS-CHRISTIAN ROBUSTNESS

Hans-Christian is the kind of athlete that just keeps going. His teammates say he is the most well-trained athlete among them. He never gives up, no matter the amount of stress or exhaustion, he will keep grinding until the boat crosses the finish line. No one better than Hans-Christian personifies the meaning of the word robustness – one of the seven strengths of stone we use to enrich modern living. Just like Hans-Christian, ROCKWOOL's stone wool can resist the fury of the elements – fire, water, moisture – and withstand the most severe stress without any loss in performance.



### LARS-PETER FIRE RESILIENCE

Lars-Peter has a fire burning in his heart. He is always looking for the next challenge, the next race, the next achievement. When on the water, he is very conscious of his mindset using it to focus his fire on the job at hand. He contains the fire within him staying focused on the job. As Lars-Peter can control the fire running deep in his veins, so does stone wool. It is a highly fire resilient material that can withstand temperatures up to 1,000°C. It works to contain fire and prevent its spread, keeping homes and buildings safe. This is just another of the seven strengths of stone that ROCKWOOL harnesses to create safe and comfortable buildings.

# TRAINING WITH

Hans-Christian & Lars-Peter Rosendahl

## 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.







## How do you prepare nutritionally for a world-class competition like SailGP?

It's tough. The heavier you are, the more you can lift, and we try to bulk up around the events. When we're racing, we consume around 5,000 calories per day – and we focus on getting good proteins and fats. When we're not racing we're consuming around 4,000 calories a day. Eating to such extents can be difficult, but you learn that when you're full, you're only half way there – you have to keep eating. I prefer food over protein shakes. When you don't have time to get your protein fix, shakes are great, but when you have time, real food is much better as you get your vitamins and minerals.

# #ROCKSOLID WORKOUT 1

## Cardio

Hans-Christian says:

"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.

[Watch workout instructions](#) >





# #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.

Watch workout instructions >



# #ROCKSOLID WORKOUT 3

## Legs

Hans-Christian says:

“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!

[Watch workout instructions](#) >





# #ROCKSOLID WORKOUT 4

## Push (arms)

Hans-Christian says:

“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.

[Watch workout instructions](#) >



# #ROCKSOLID WORKOUT 5

## Core

Hans-Christian says:

“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.”

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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 boat.

Watch workout instructions >





### How important is energy efficiency when you're racing the F50?

It's really important. Teamwork and communication is key to saving valuable energy. If the boat isn't sailing well, everyone has to work much harder, including the grinders. If the team is communicating well, it's easier for everyone.