

The indoor rowing machine is a fantastic total body, training tool. It is very effective for improving cardiovascular fitness, and training the legs, back, shoulders and arms. The Concept 2 indoor rower used at StrongBox is the choice of athletic teams and international rowing squads the world over. It is simple and effective and, because so many people use it around the world, there is a huge amount of data for benchmarking and even online competitions. Now of course any rowing is better than no rowing but as with everything we do at StrongBox we want you to learn the “correct” techniques to improve your efficiency and minimise the risks of injury.

The “RIGHT” way to row - again any rowing is better than no rowing and more rowing is better than less rowing regardless of how you do it. The rower is a “safe” piece of equipment so you won’t go too far wrong BUT if you want to maximise your efficiency and you like to see your scores improve then getting the technique right will make a HUGE difference

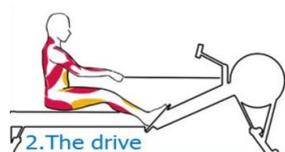
Remember this “**Arms and Legs are NEVER bent at the same time**”. i.e. if your legs are bent then your arms are straight, if your arms are bent then your legs must be straight.

If you start at the front of the rower the pulling sequence goes like this LEGS, LEAN, ARMS > ARMS, LEAN, LEGS

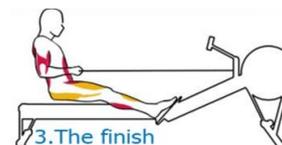
STAGE 1 - THE CATCH - The catch is a real rowing term to indicate when the blade goes in the water. This position is when your legs are fully bent and you are as close to the front of the machine as you can be. Arms straight, wrists straight and back straight but leaning forward slightly - maybe 10o from the vertical



STAGE 2 - THE DRIVE - Most of the power comes from the legs and the drive is where we use them. This stage is exclusively legs, we extend them powerfully and all the way so we utilise all the power in the legs. Legs are the most important part of the stroke - hence tall people make fast rowers. At the end of the drive the legs will be full extended BUT the arms will still be STRAIGHT



STAGE 3 - THE FINISH - The finish is really important but most people neglect it in the rush to get back and do another stroke. This is the hardest area to teach and the one most people get wrong causing a big drop in efficiency. At the finish your legs are STRAIGHT the whole time. Then we lean back from the hips to about 20o off the vertical (keeping our arms straight) and then FINALLY we pull with the arms bringing the handle to the sternum. The final position will be legs fully extended, body slightly leaning back and arms fully bent with the handle at the sternum. Almost there BUT we still have to recover correctly.



STAGE 4 - THE RECOVERY - how we get back to the start position is also important for efficiency. Most people rush this but it should be fairly steady - a chance to get your breath back almost. The movement is as follows 1 - we extend our arms back to the straight position, 2 - we lean forward back to the position we had at the very start 3 - ONLY AFTER completing 1 and 2 do we bend our legs and begin to slide back down the rower. The biggest error is bending the legs before the arms are straight. Then the knees get in the way and you have to lift your arms up to clear the knees etc.



And that’s it. A complete stroke. It’s useful to practise these sections section by section to reinforce the pattern. Once you have the stroke down then you can start to look at the monitor and the information it displays. A couple of rules for an efficient stroke - try and keep the split time or calories per minute relatively steady rather than fluctuating up and down; like a steady running pace rather than a sprint and a jog. Secondly for longer sets the strokes per minute or rating should probably be around about 25/minute.

Any questions then you know where we are! info@strongboxqatar.com