

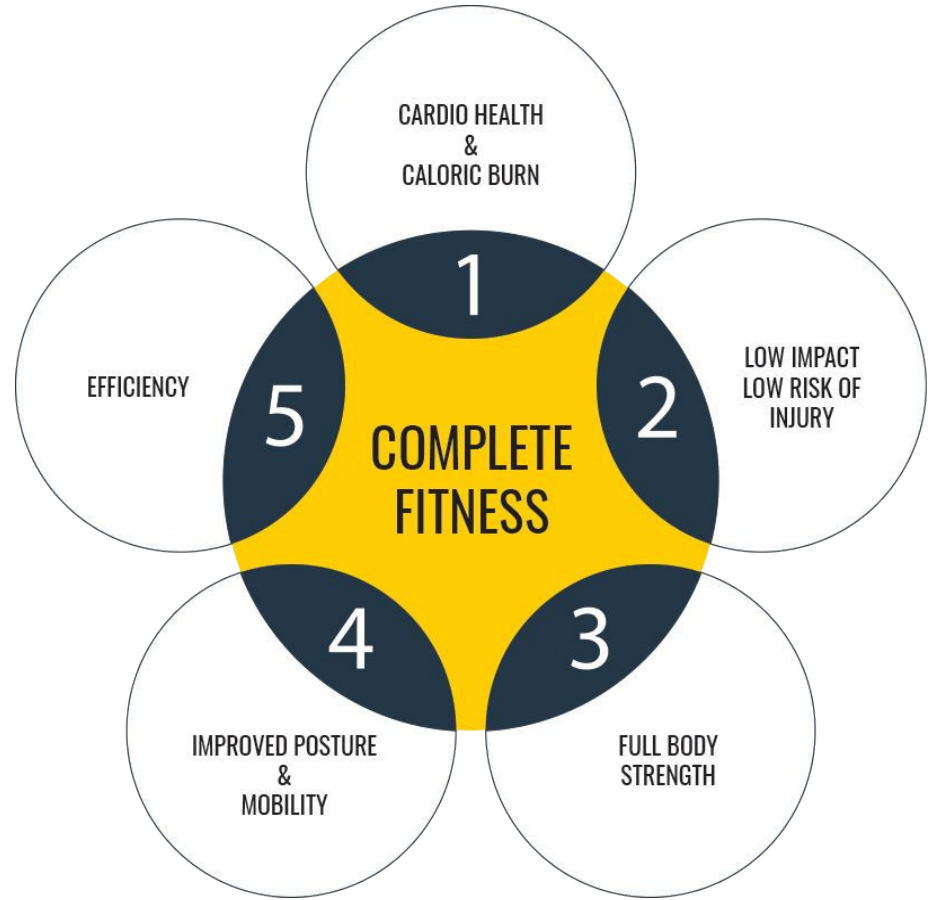


ROWHOUSE

# DIALING INTO PROPER ROWING MECHANICS

Caley Crawford & Michelle Parolini

# BENEFITS OF ROWING

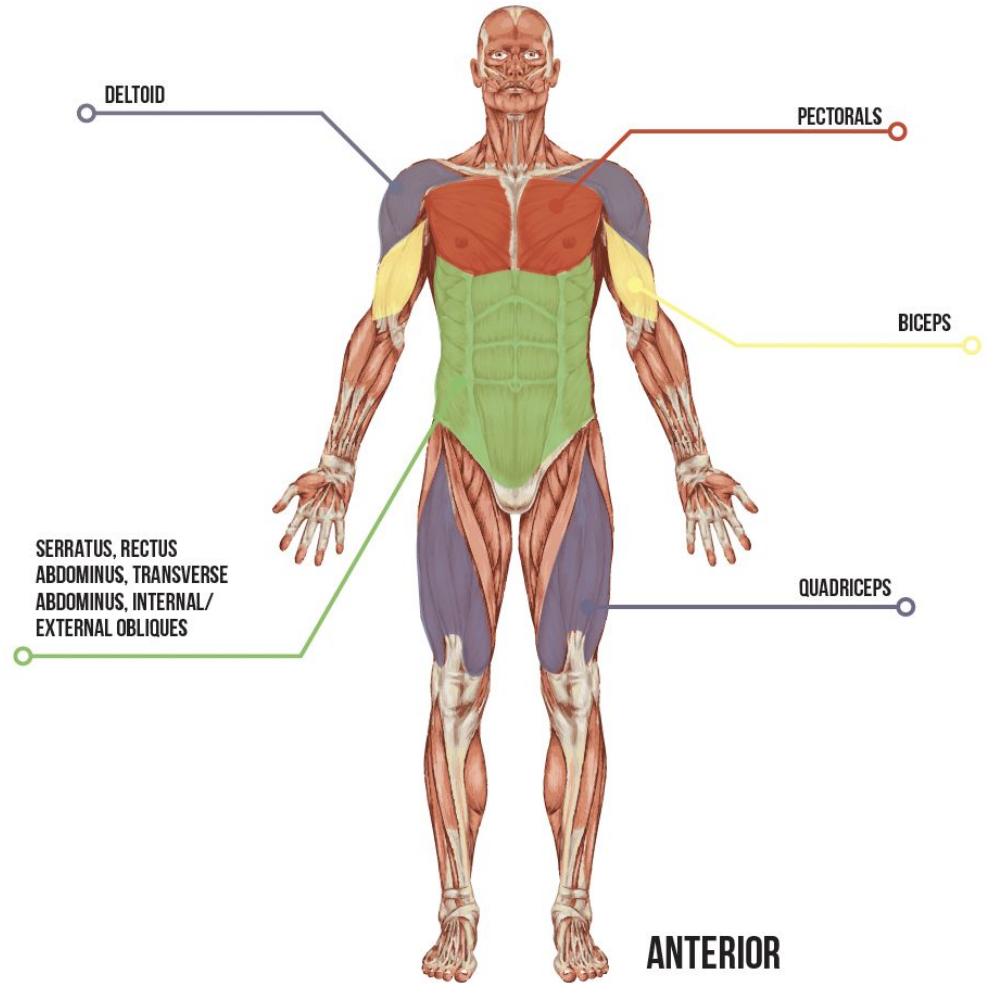


# COMMON MISCONCEPTIONS ABOUT ROWING

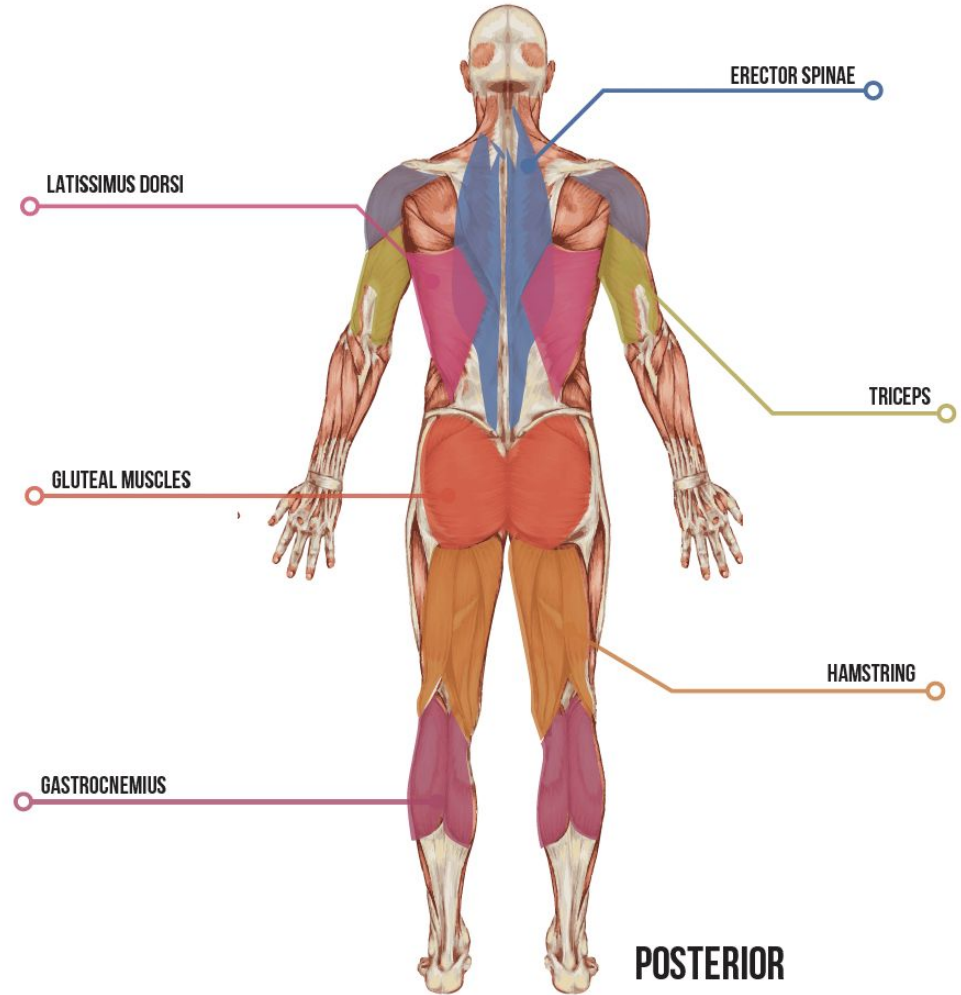
## WHAT ARE SOME COMMON MISCONCEPTIONS ABOUT ROWING?

- Rowing is an upper body workout
- Rowing is too easy or too hard.
- To get more meters, you have to row faster.
- Rowing is bad for my back
- A high damper setting will give you the best workout.

# ANATOMY OF THE STROKE



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# THE HIP HINGE

## HOW CAN WE SET UP FOR A STRONG STROKE?

The single most important piece of the puzzle is the fundamental **HIP HINGE**.

- Learning to perform a solid hip hinge will put you in a great position for learning how to generate power in your rowing stroke.
- It's the key to achieving a strong catch position in your stroke and power on the drive through the hips. It will keep you from pulling with the upper body and keep the pressure out of your spine.
- It is the point of **MAXIMAL STRENGTH** of the main muscles of the lower body - the calves, hamstrings, quads, glutes and lower back.
- Two exercises you can do is the Hinge-to-Wall drill and the 3-Point Dowel Rod drill.

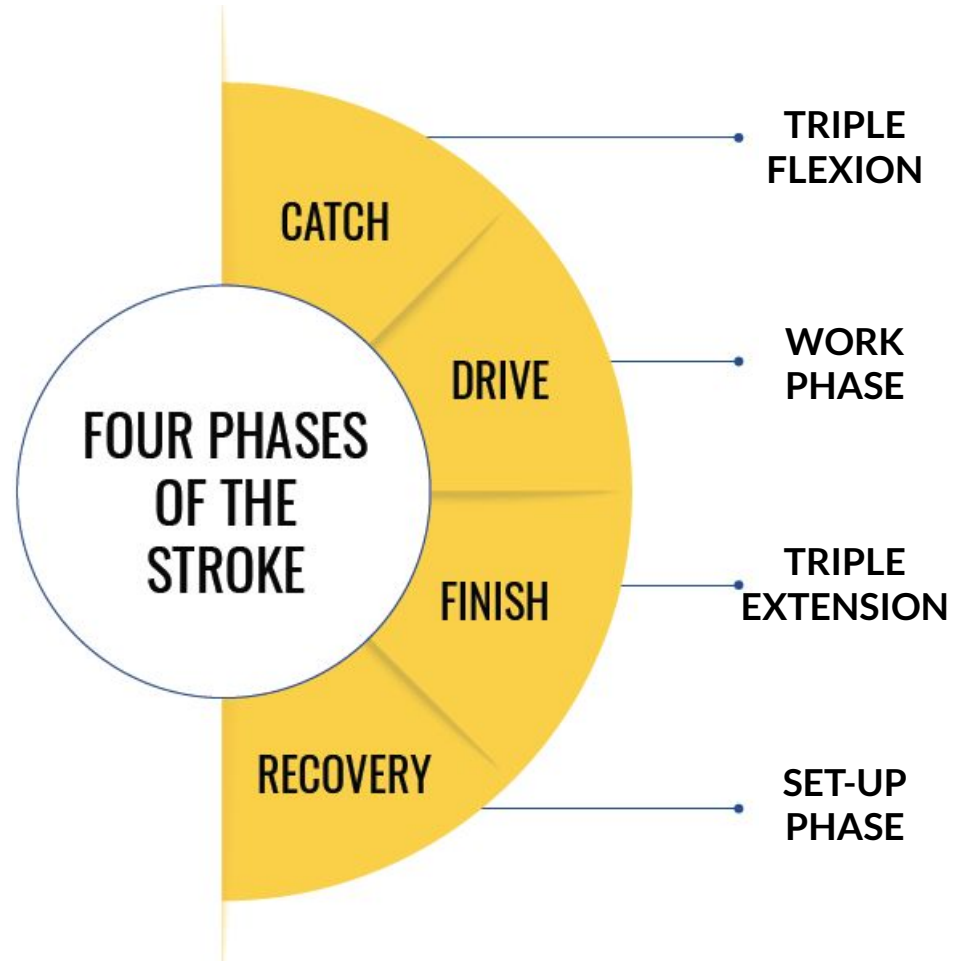
# SETTING UP YOUR FEET

## WHERE SHOULD I SET MY FEET?

Foot stretcher placement is important! Having proper foot stretcher set up is important because it will allow us to get into a strong catch position!

- Adjust the pegboard so the top of the shoe lines up with the top of the ridged board on a Concept 2 rower. Other indicators would be the strap running across the widest part of the foot or the top shoelace. Note that this is our starting point and can be adjusted to best suit their body and possible restrictions or modifications.
- Make sure that the strap is tight across the foot.
- Take note of potential modifications for special populations:
  - Pregnancy
  - Overweight
  - Tight hips, hamstrings or lower back

# THE STROKE SEQUENCE





# POINTS OF PERFORMANCE - THE CATCH



- Hands to the end of the handlebar (pinkies at the edge)
- Arms long and strong
- Shoulders in front of the hips in an 11 o'clock position
- Core braced
- Seat 6 - 8" from the feet
- Heels can be up slightly if they lift naturally

# CONNECTION ON THE DRIVE



The rowing stroke is all about connection to the machine. The more connection you can make on the drive, the more powerful, fluid & efficient your stroke will be.



The stroke should be a smooth continuum of catch, drive, finish and recovery.

# POINTS OF PERFORMANCE - THE FINISH



- Handlebar at the sternum
- Shoulders behind the hips at 1 o'clock
- Elbows relaxed back at 45 degrees
- Neck long and eyes lifted
- Core braced
- Legs long and strong
- Feet connected to the foot stretcher and not pulling on the straps

# SEQUENCE ON THE RECOVERY

1. ARMS RELEASE
2. HIP SWING
3. KNEES FOLD



Focus on getting the arms away quickly and then following with a smooth body hinge and knee bend.

# TIMING OF THE STROKE - THE DRIVE VS. RECOVERY



THE DRIVE - 1 COUNT



THE RECOVERY - 2-3 COUNTS

# STROKE RATE VS. INTENSITY

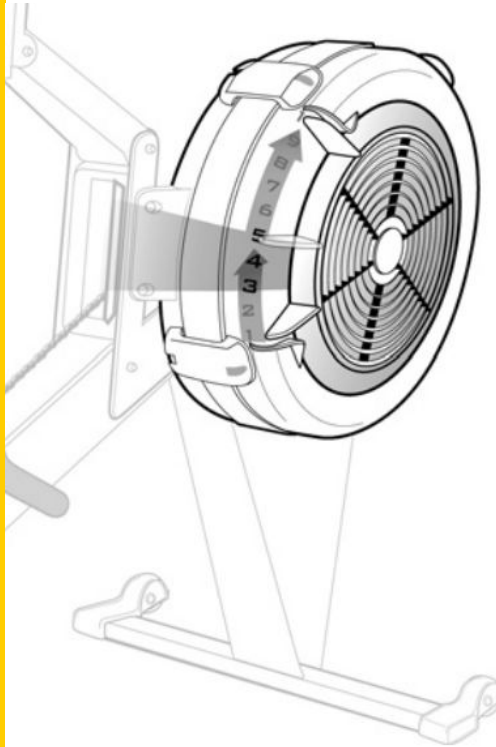
## WHAT IS THE RELATIONSHIP BETWEEN STROKE RATE AND SPLIT TIME (POWER/FORCE)?

There is a common misconception that you have to increase your stroke rate in order to go further.

- Split measures how quickly you cover 500 meters
- Stroke rate refers to how many strokes you take in a minute.
- There is an indirect relationship between split and stroke rate. You don't have to increase your stroke rate to row more meters.

# THE DAMPER

## WHERE SHOULD I SET MY DAMPER?



- Higher setting opens the damper
- Lower setting closes the damper
- Setting it between 3 and 5 closely replicates the feeling of water
- The damper is not a unit of measurement
- The damper does not determine how much work you're doing on the rower

# KEEP IN TOUCH!



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