

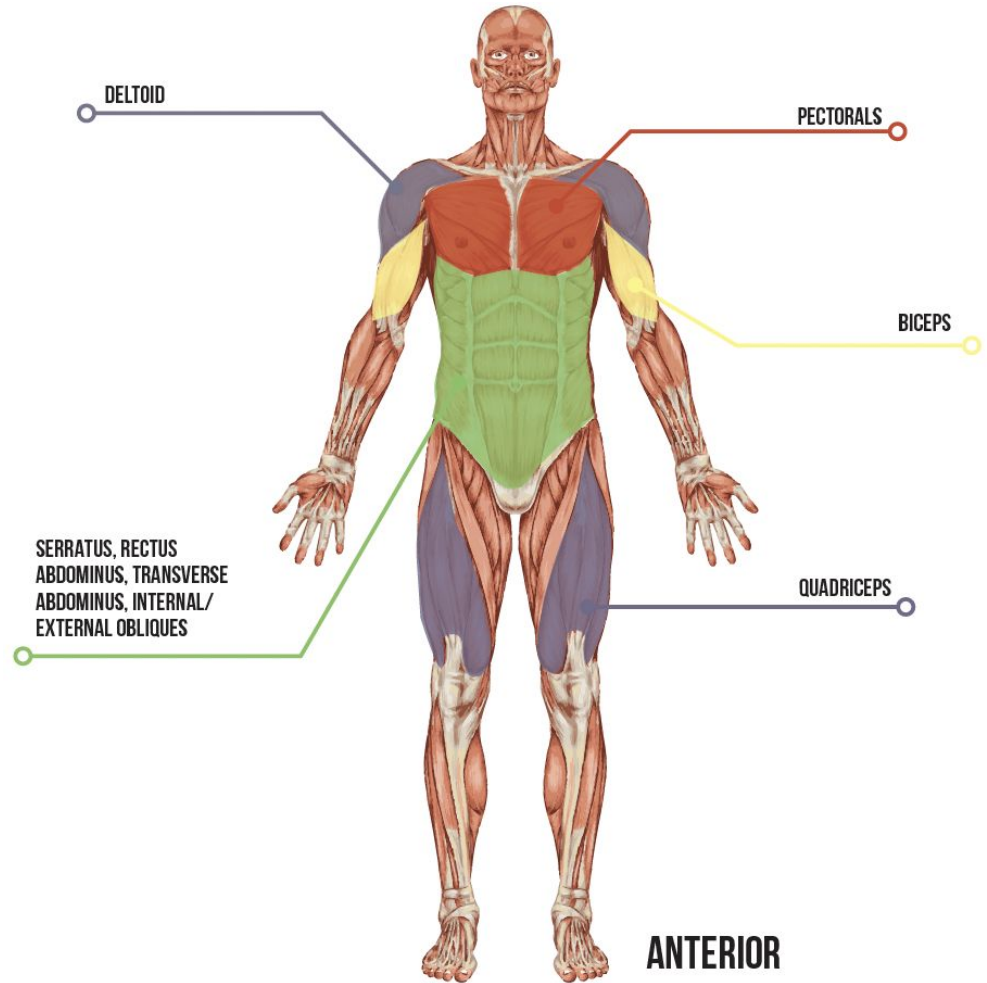


ROW HOUSE

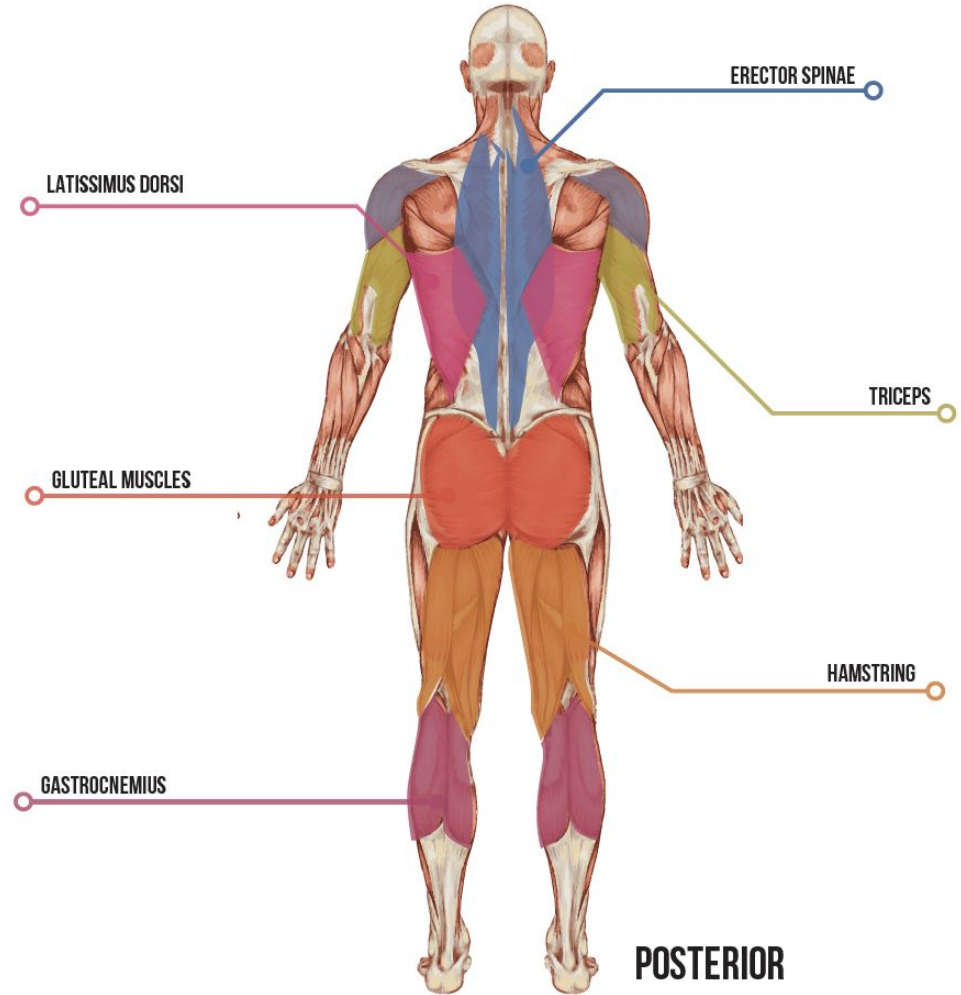
IDENTIFYING COMMON ERRORS IN THE ROWING STROKE

Caley Crawford & Michelle Parolini

ANATOMY OF THE STROKE



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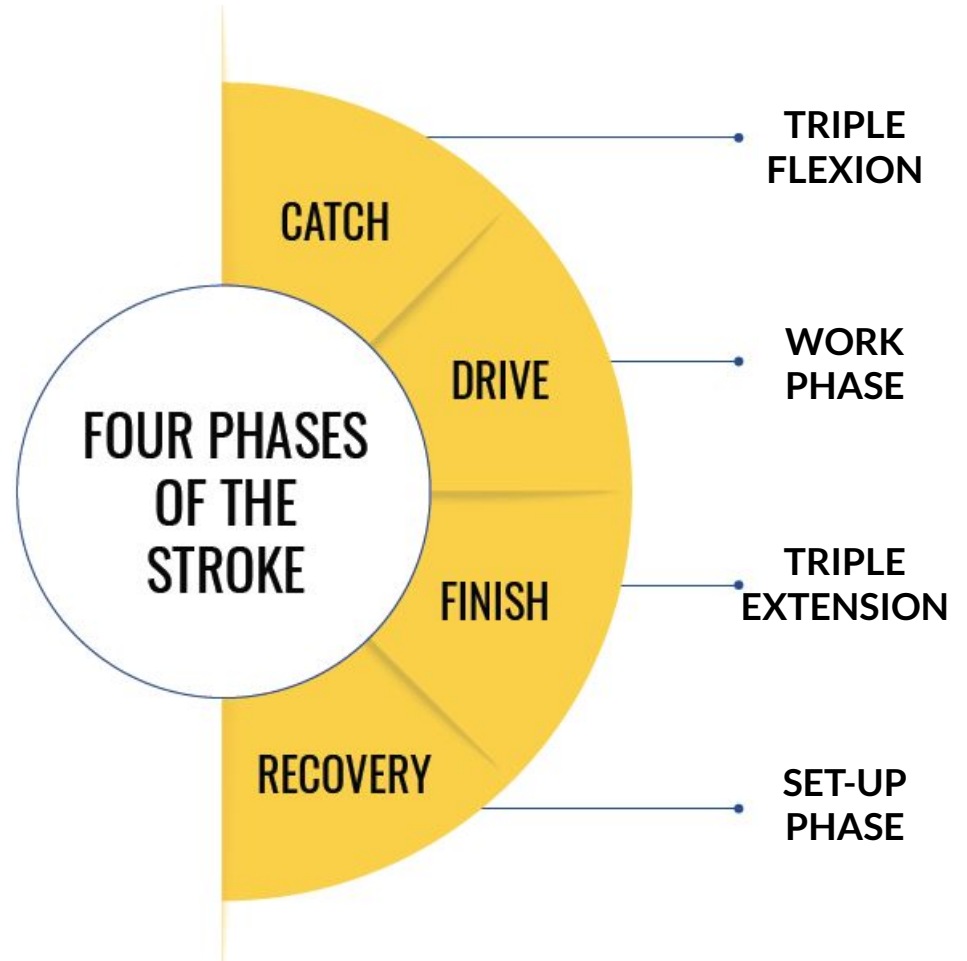


THE HIP HINGE

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.

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, the stroke and more fluid your stroke will be.



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

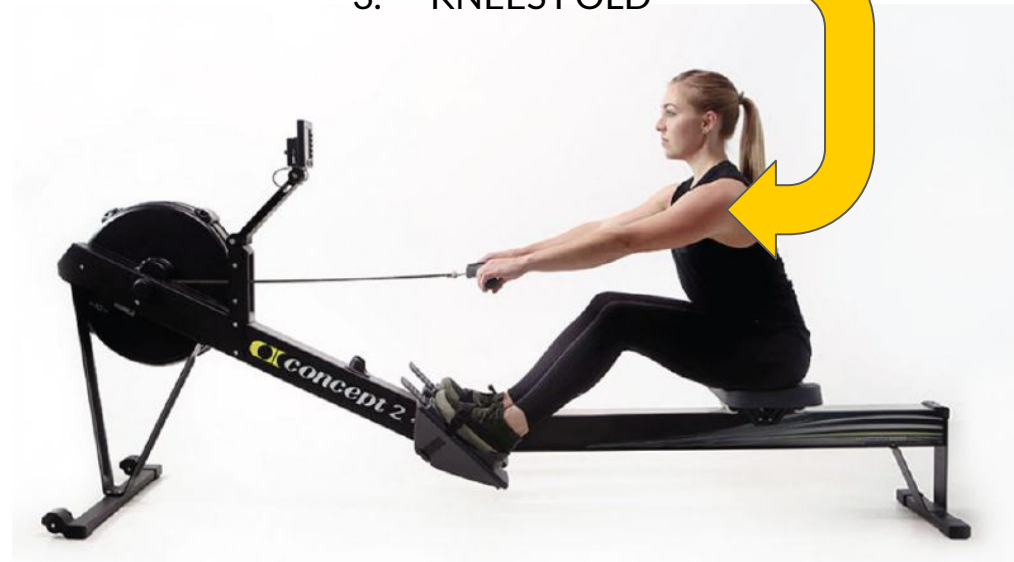
POINTS OF PERFORMANCE - THE FINISH



- 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.

ERROR: PULLING ON THE STRAPS

| | |
|---------------------|---|
| CAUSE | This will happen when the core is under-active and hip flexors are overactive. |
| SOLUTION | Loosen the straps or row strapless. Remind people to keep their heel and big toe in contact with the foot stretcher at all times. This will help them engage the core more. |
| WHY FIX THIS | If someone is rowing using the straps, they will always minimize their core engagement and the core is the connector between the feet and handle. |

DRILLS: STRAPLESS ROWING

PRO-TIP: If someone is nervous to go strapless, ease them in by loosening their straps.

ERROR: BENDING THE KNEES TOO SOON

| | |
|---------------------|---|
| CAUSE | At the finish the client rushes into the next stroke by bending the knees early without releasing the arms and getting the proper body over positioning before bending the knees. |
| SOLUTION | From the finish, release the arms forward and then bring the body over the legs (the handle must pass the knees) to properly load the posterior chain before folding the knees. |
| WHY FIX THIS | <i>If clients are out of sequence, it will cause a number of additional errors in the stroke. The sequence of the Recovery is the foundation of a good stroke.</i> |

DRILLS: DOUBLE PAUSE DRILL and STRAPLESS BODY OVER PAUSE

ERROR: OVER-COMPRESSION

| | |
|---------------------|--|
| CAUSE | When the hamstrings are under-active and the seat slides under the shoulders, this will cause the rower to over-compress, placing a ton of pressure on the knees and hips. |
| SOLUTION | Keeping the shoulders in front of the hips. This can be accomplished with a solid body-over position (at the finish) and maintaining that forward hinge through the recovery, catch and drive. |
| WHY FIX THIS | This is important to pay attention to and fix early. If we allow our rowers to continue to over-compress, they will begin to feel it in their knees and hips. |

DRILLS: DOUBLE PAUSE DRILL and STRAPLESS BODY OVER PAUSE

PRO-TIP: Cue to keep the heels down. Use something tactile on the slide (tape/towel) to stop the seat at the right moment.

ERROR: LEADING WITH THE SHOULDERS

| | |
|---------------------|---|
| CAUSE | This will happen with people who think rowing is an upper body exercise or those who are missing lat and core engagement out of the catch. |
| SOLUTION | Remind them to drive through the legs and hang on the handle so they can get the power through the drive in the legs first. Emphasize the “push” motion to bring the attention to the legs. |
| WHY FIX THIS | If a rower continues to lead with the shoulders, they may start to experience pain in their lower back. |

DRILLS: DOUBLE PAUSE DRILL and STRAPLESS BODY OVER PAUSE

KEEP IN TOUCH!



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