






<u>Starting out on the WaterRower</u>	Before starting out, it is important you check the following:
<p data-bbox="212 239 516 266">Set the water tank level</p> 	<p data-bbox="719 239 1429 359">The amount of water in the tank simulates the weight of the boat and crew, the more water in the tank the heavier the boat and crew. We recommend:</p> <p data-bbox="719 380 1003 407">12-14 litres for children</p> <p data-bbox="719 426 992 453">14-17 litres for women</p> <p data-bbox="719 472 959 499">16-19 litres for man</p> <p data-bbox="719 562 1390 638">The WaterRower comes shipped complete with a siphon pump for ease of filling or emptying the tank.</p> <p data-bbox="719 701 1424 1005">To fill the tank or add water; simply place a container of water onto the top of the machine, insert the siphon pump, give couple of primes and gravity does all the work. To empty the tank or remove water; simply place an empty container by the side of the machine, insert the siphon pump, a couple of primes and again gravity does all the work.</p>
<p data-bbox="212 1073 586 1100">Adjust the floating heel rests.</p>  <p data-bbox="212 1312 472 1339">Foot Straps position.</p>	<p data-bbox="719 1073 1386 1148">Your should adjust the floating heel rests to a height to suitable for you.</p> <p data-bbox="719 1167 1440 1377">To adjust the heel rests, push the centre button and slide one heel rest at a time up or down, release the button and the heel rest will hook into place. Repeat on the other side. We recommend the strap to cover the foot just below the arch as shown in the picture.</p>
<p data-bbox="212 1446 573 1474">Sitting correctly on the seat.</p> 	<p data-bbox="719 1446 1443 1751">When feet are in position and you are seated, ensure you are sitting in a tall yet relaxed position. Try to feel as if you are sitting on your 'sit' or ischia bones and rock slightly forwards and backwards on these bones. Your body weight will move from the front to the back of the seat. Ensure you are sitting with a locked core, shoulders relaxed and head looking forwards.</p>

<p>Handle draw height</p> 	<p>Draw the handle to the body at a height comfortable for you. Ideally you want to draw the handle to chest or just below chest height. Your forearms should be horizontal to the ground and your wrists flat.</p>
<p>Grip is correct on the handle</p> 	<p>When holding the handle, the fingers are hooked around the grip of the handle. You do not need to actually grip the handle.</p> <p>Ensure your hands are equidistant from the center of the handle. A good way is to use your thumbs as a distance your grip from the center of the handle.</p> <p>Ensure your wrists are flat.</p>
<p>You are now ready to begin rowing, please refer to the technique section to learn the phases & positions of the rowing action.</p>	