



Technique Workout

(for beginners, intermediate to advanced rowers)

Warm Up - approx. 5- 10 minutes

Begin with light easy rowing, 20-24spm at 45-50% effort

10 strokes at [half slide rowing](#). Full slide light rowing 10 strokes or so

10 strokes at [arms & body only rowing](#). Full slide light rowing 10 strokes or so

10 strokes [arms only](#). Full slide light rowing, repeat the above sets of 10 strokes

1 or 2 x 10 [power strokes](#) stroke rate, hold 24spm but increase your speed/intensity for 10 strokes

Light rowing & sip of water

Main Workout - 15-25 minutes of Technique Rowing

15 up to 25 minutes of [Steady State rowing](#) of between 22-26spm (strokes per minute) at 60-70% effort, focus on holding a consistent speed/intensity. Count sets of 10 strokes focusing on each of the following [focus points](#) (*you do not have to remember all of them*):

CORE/ POSTURE - "sit tall as if you are being pulled up to the ceiling"

- "shoulders down & relaxed"
- "open out the chest on the [Release](#)"
- "pull the belly button into the spine"
- "hinge from the hips, rock the body weight slightly forwards & slightly backwards on the seat"

LEGS - "push first with the legs"

- "feel the balls of the feet in contact with the footboard"
- "hold your legs straight while the handle passes over the knees on the Recovery"

ARMS - "use all the upper back muscles to draw the handle in to the body"

- "draw the handle all the way to the body"

(Try not to get too caught up with technique, there is a lot to remember, try to focus on one point at a time for 10 strokes and keep rowing with a smooth flowing action.

Cool Down - 5 minutes

Light rowing - practicing [ratio & rhythm](#).

Close your eyes and row lightly and easily listening to the sound of the water & breathe.

[Stretch](#)

The information given above and in the relevant pages is not intended to be a substitute for medical advice. WaterRower accepts no responsibility for any injury caused by the information presented here. Please consult a physician before starting an exercise program.