



**A new group fitness class that utilises the much-publicised attributes of indoor rowing as its main focus**

# WATER

With the huge rise in popularity of indoor cycling classes over the past couple of years, I guess it was only a matter of time before some bright spark thought of using a rowing machine to create a group fitness programme. Although not the first – Concept2 have had their Crew classes around for some time now – WaterRower, with their WaterCrew classes, is the latest company to take the plunge.



**W**ATERROWER describes its WaterCrew class as, “A group training activity where you experience the realism, satisfaction and dynamics of crew rowing. WaterCrew classes are designed to provide a relaxed, yet invigorating workout for all age groups, from beginners to elite athletes.” They go on to say that it can, “... simulate both the aesthetic pleasures and physiological benefits of rowing, enabling you to experience the spirit and togetherness of crew rowing in an indoor environment”.

After reading this, I couldn't wait to give it a go.

## Frayed going into the fray

On the morning I was booked in to do my first WaterCrew class, I was stressed out. Nothing was going my way. I was meeting frustration at every turn, and so it was with a fair amount of tension that I rode the elevator, tight lipped, up to the third floor of the building. However, as I walked through the door and was greeted by a sweet smiling receptionist, my mood soon melted and the mist began to rise. Maybe it was going to be a good day after all.

I was introduced to Peter Murphy, WaterRower's business development manager and my instructor for the morning, who then led me over to my other classmates and the WaterRower machines themselves. After adjusting the foot rests, I strapped my feet in and gave it a try.

Looks apart – the WaterRower is made from huge slabs of top grade

For your nearest WaterCrew class, call WaterRower on 02 9748 0591, or log onto the website, [www.waterrower.com.au](http://www.waterrower.com.au) for further information.

hardwood – this machine behaves much like any other conventional indoor rower, with the intensity of your workout being dictated by the speed at which you row. The major difference with a WaterRower is that while you row, you're accompanied by the soothing sound of water in motion – a real plus in my book.

## THE WORKOUT

The class started with a slow, five-minute warm-up. This gave the novice rowers amongst us a chance to familiarise themselves with the WaterRower, and Peter an opportunity to give us instructions and tips on the correct rower technique. He told us that it was important to push off using just your legs, keeping your arms and back straight. Only when your legs are fully extended do you then bring your arms into play by pulling the 'oar' towards your midriff. And, unlike a