



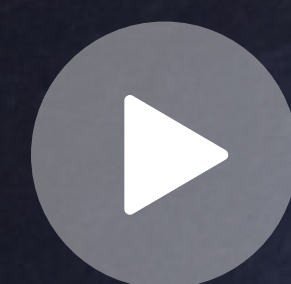
ERGATTA ROWING TIPS



INTRO TO ROWING FORM

Rowing is an unbeatable full-body exercise. To stay healthy and get the most from your workouts, there are a few things to keep in mind.

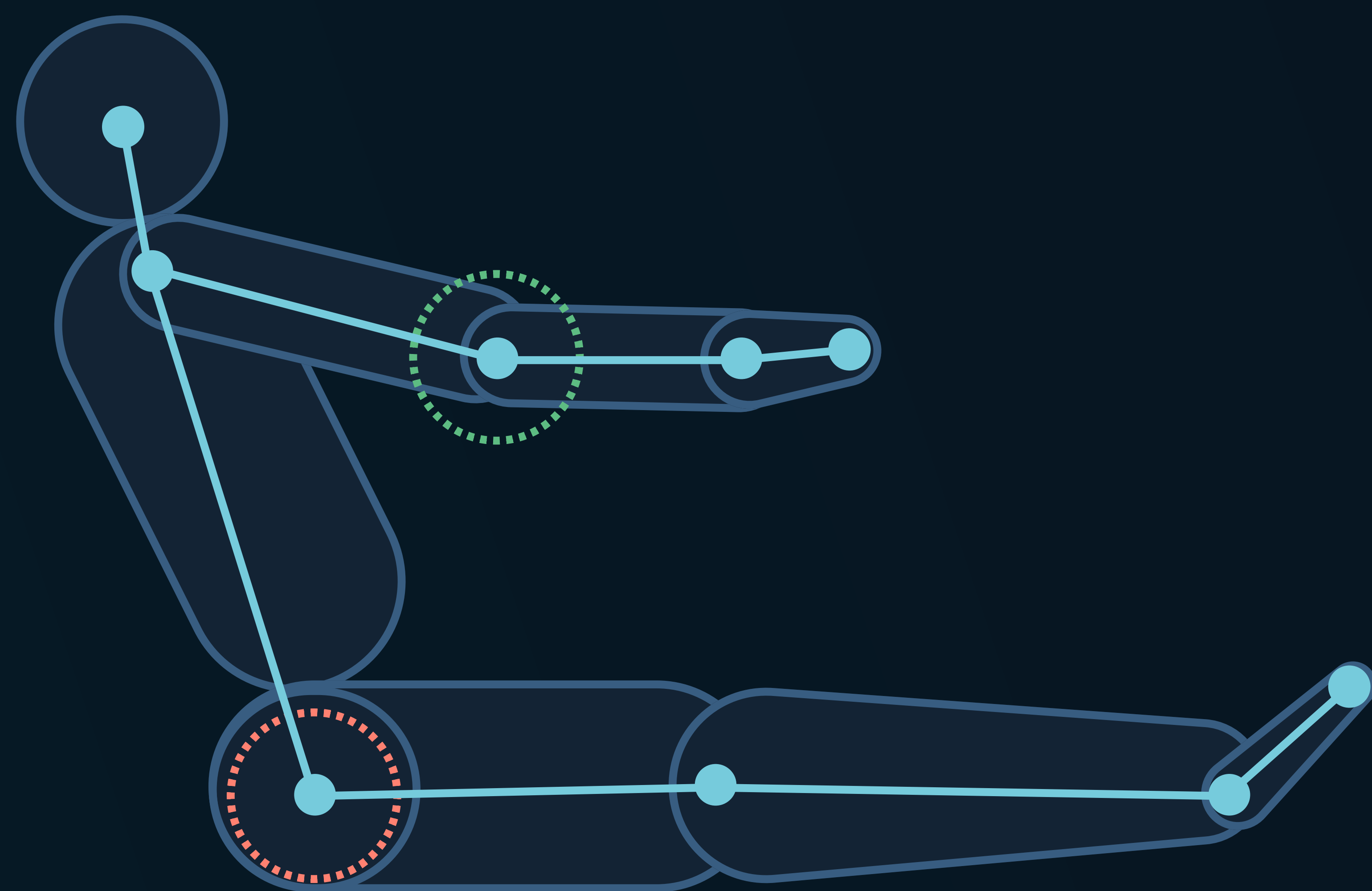
In this brochure, we'll teach you the row stroke basics. We'll also highlight common mistakes we see from new rowers and offers tips to avoid them.



Tap any image to see the tip in action.

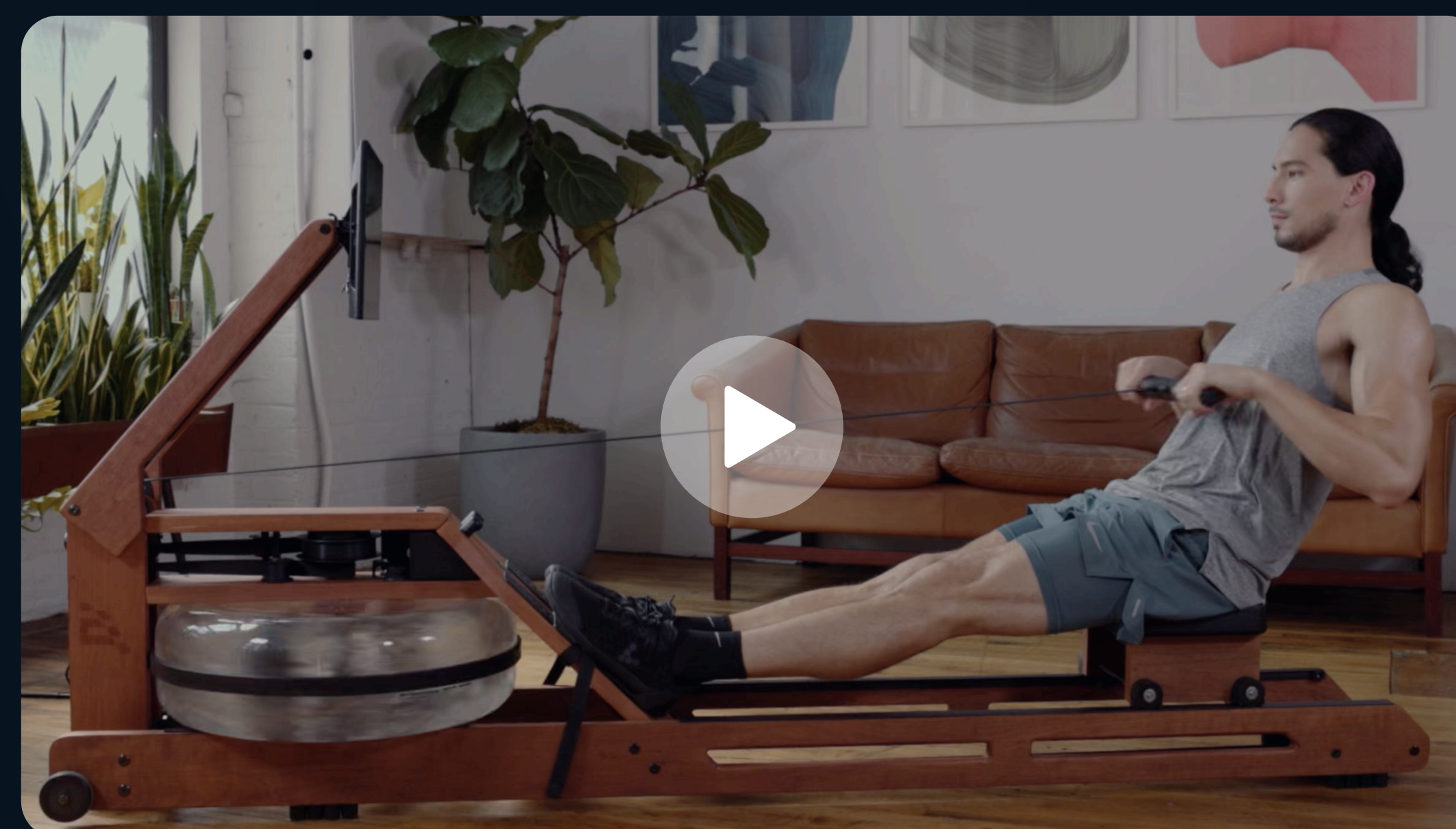


PHASES OF THE ROWING STROKE



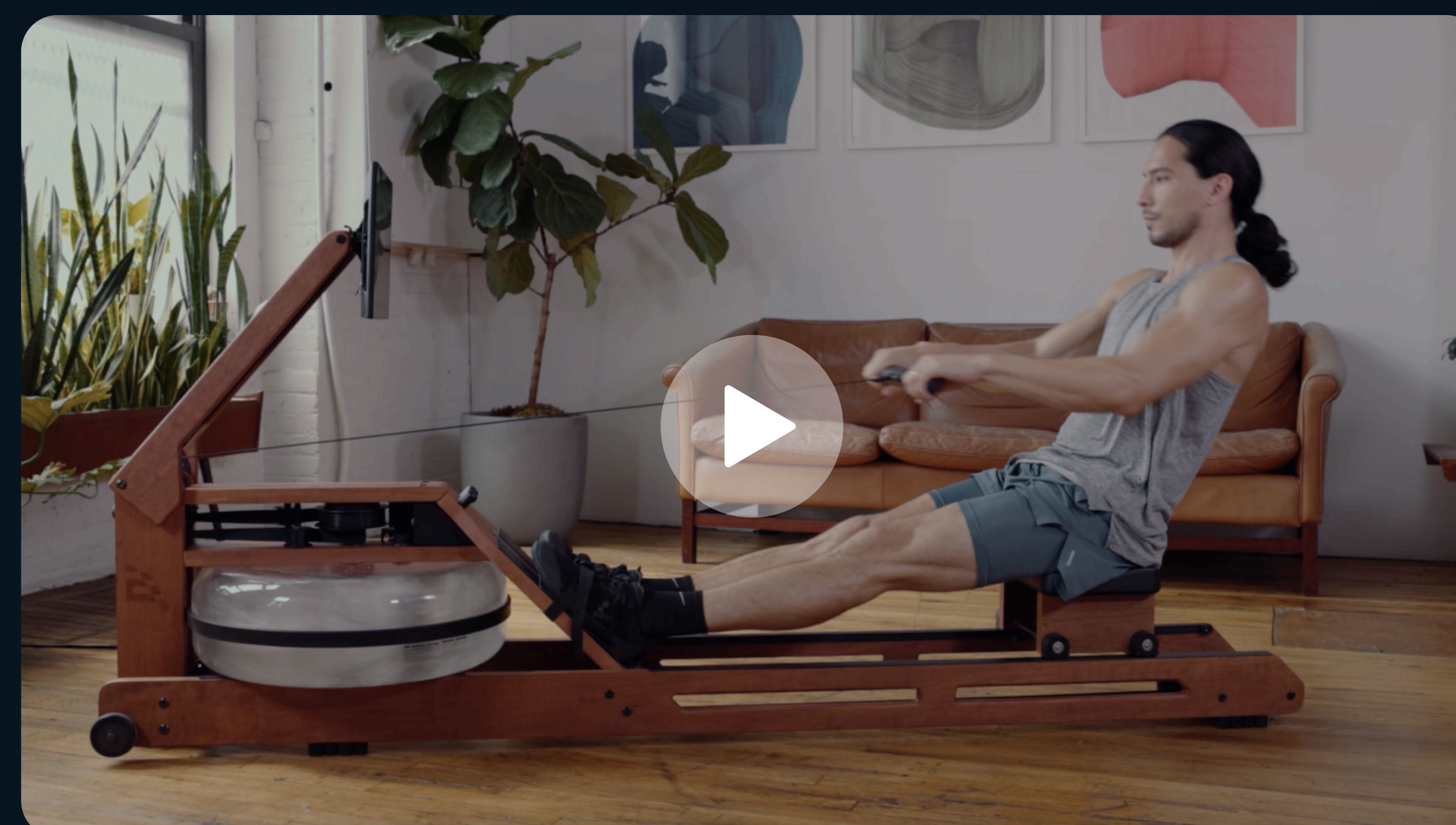
1. THE CATCH

The beginning of the stroke, where you load up potential energy (like a coiled spring).



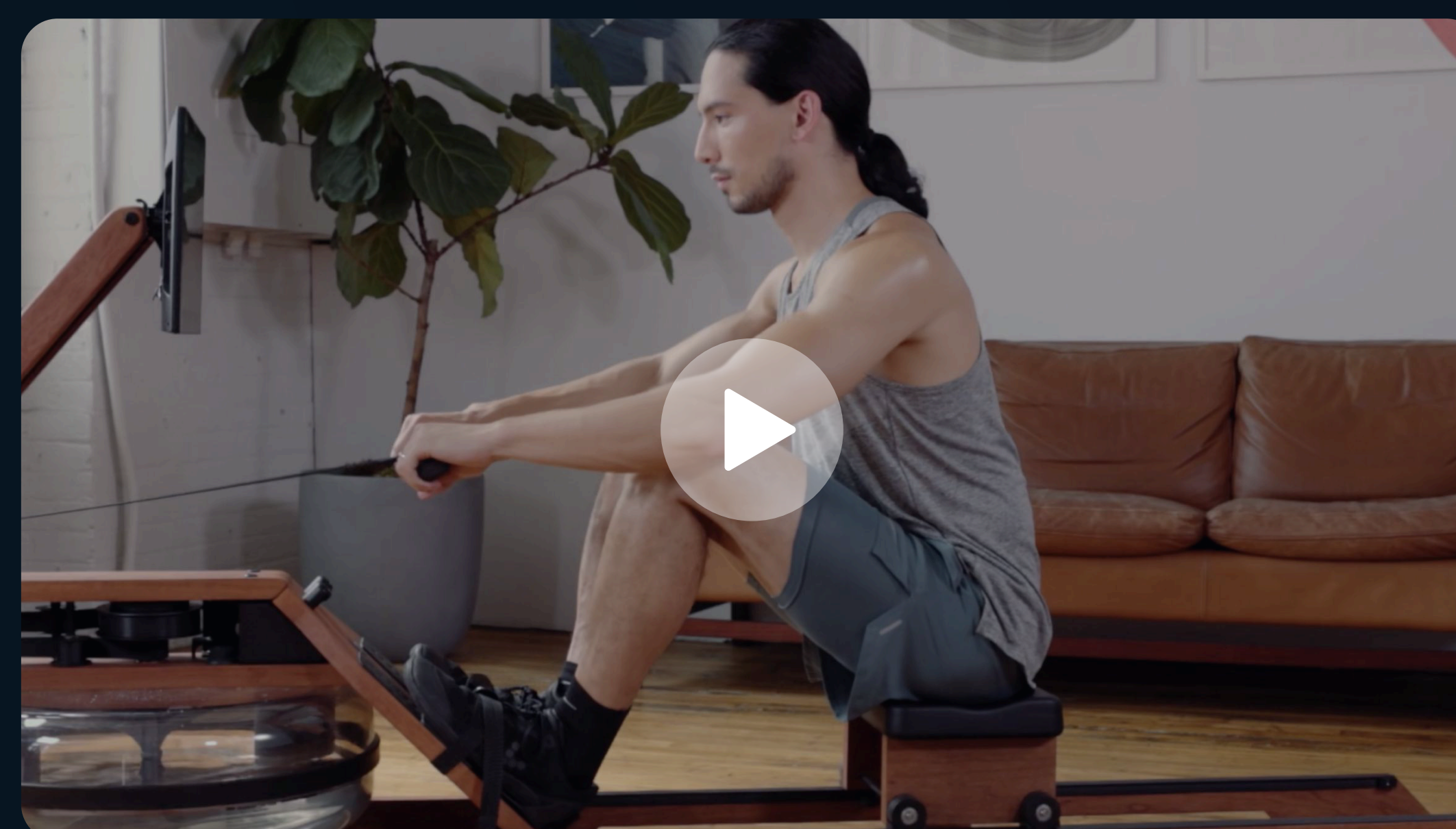
2. THE DRIVE

The only part of the stroke where you generate power. Drive through your legs, lean back, and pull the handle to your chest.



3. THE RELEASE

The mid-point of the stroke, where you release your arms and start recovering for the next stroke.



4. THE RECOVERY

The rest phase of the stroke, where you move back to the catch. Lean forward, bend your knees, and get ready for the next stroke.



SETTING UP

SEAT ORIENTATION

The seat divot should face the tail-end of the rower (away from the touchscreen). The divot allows your tailbone to move freely while you row, reducing the risk of injury. Be sure to sit toward the front of the seat.



FOOT POSITIONING

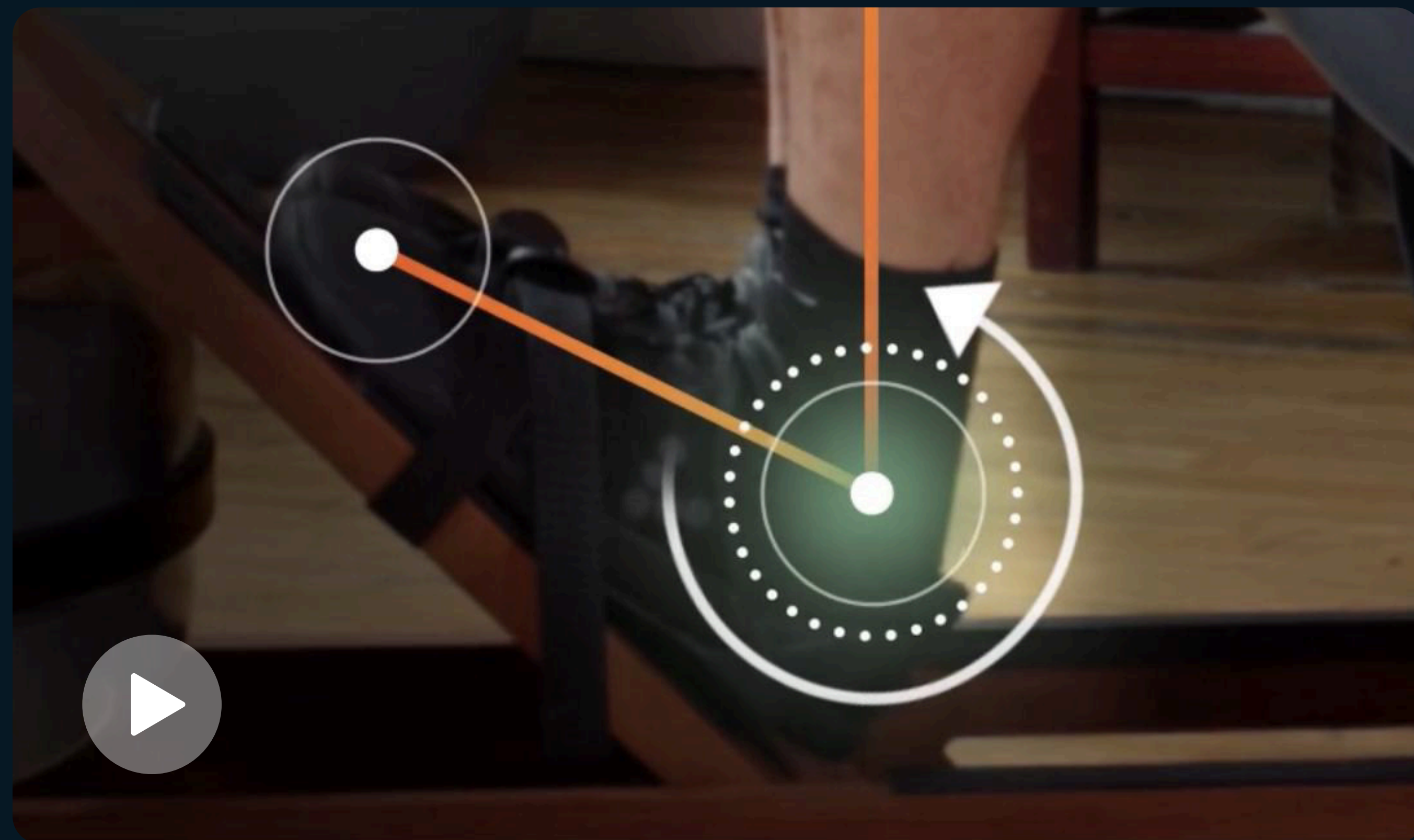
The foot strap should lie just over the ball of each foot—not too close to the toes or ankles.



HAND PLACEMENT & GRIP

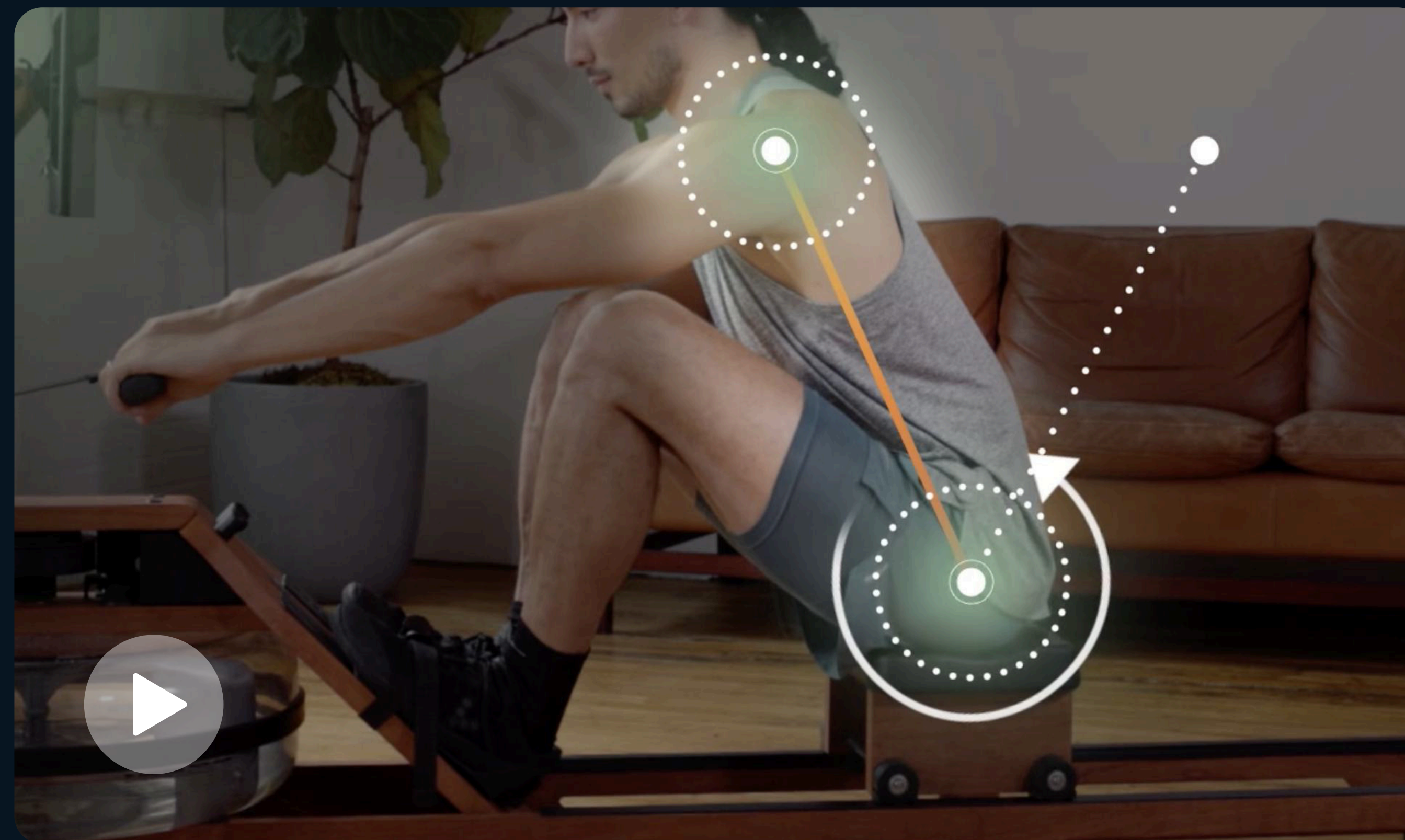
With a relaxed grip, grasp the handle and create a “C”-shaped hook with your fingers. Practice pulling the handle a few times. Remember not to grip too tight; rely on the force of the handle bar against your fingers.

THE CATCH PHASE



SHIN ANGLE

Your shins should be nearly perpendicular to the floor. It's ok for your heels to rise off the footboard slightly. Just remember to re-engage your foot with the footboard as you begin your next stroke.



BODY ANGLE

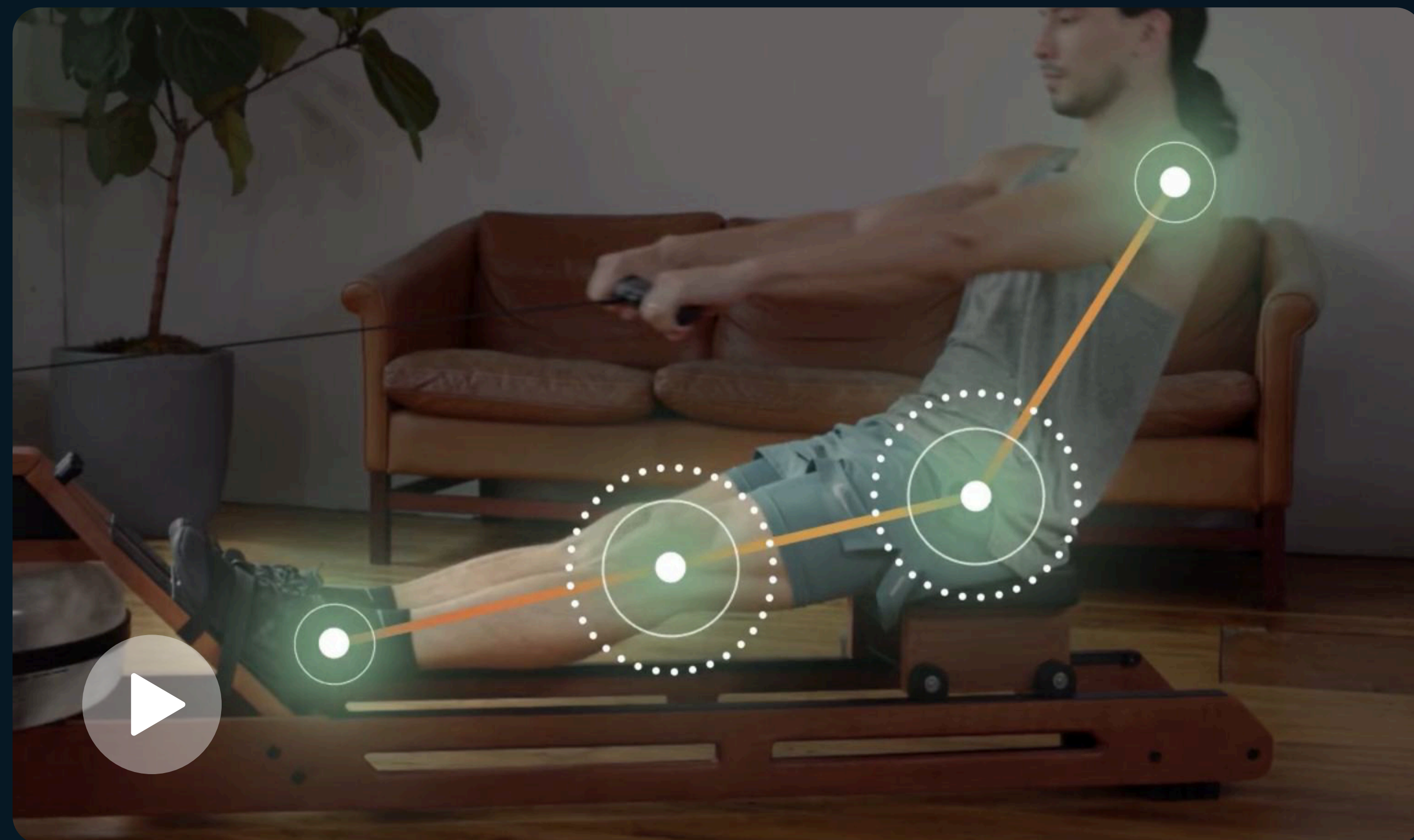
During the catch, lean forward slightly while keeping your spine long and straight. Your back should lean to about 11 o'clock so that you have room to swing back during the drive phase.



ARM REACH

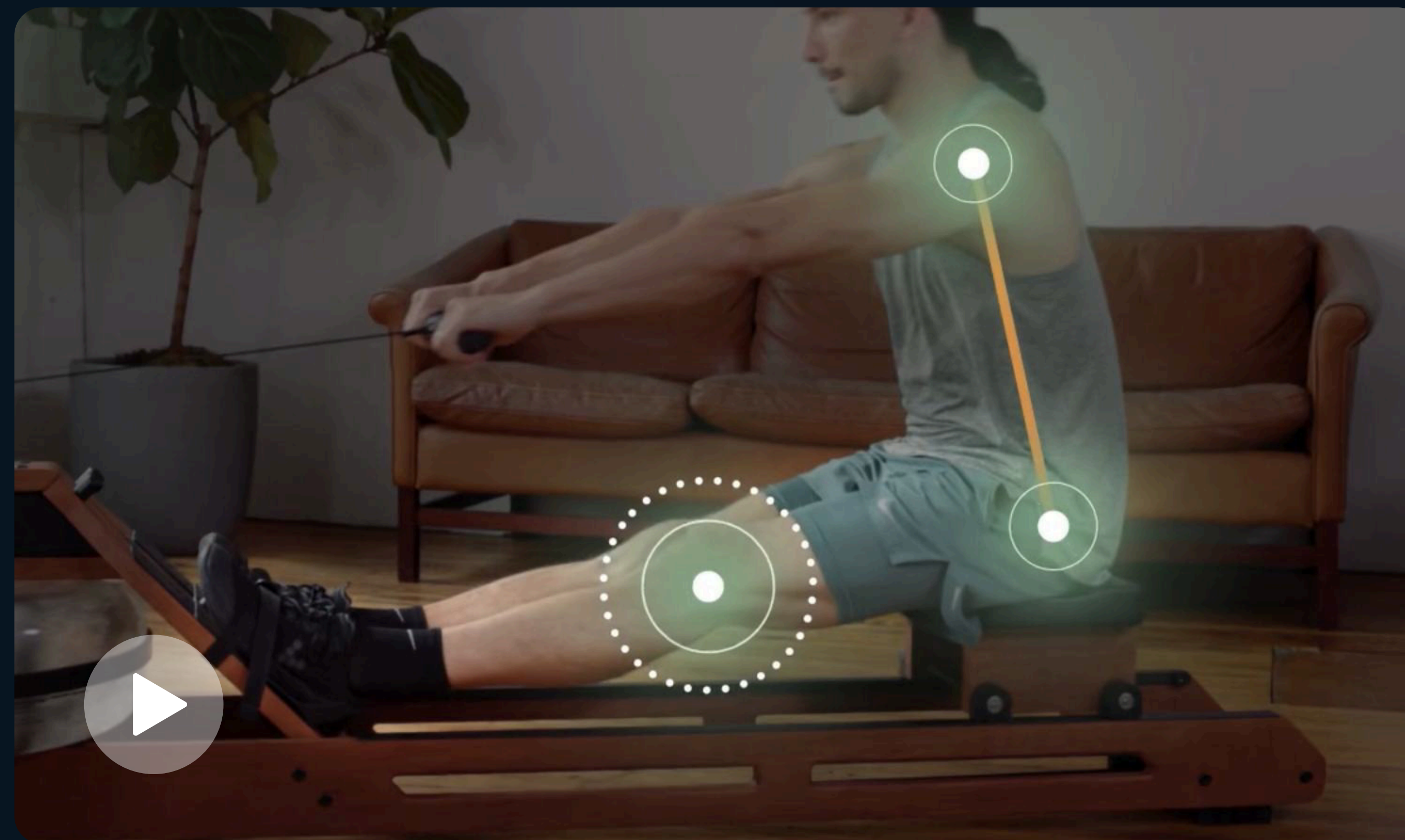
Lengthen your arms by straightening your elbows and reaching your shoulder blades forward. You want to extend your arms as much as possible, within comfort. Shortening your arm reach will shorten your stroke, reducing your power.

THE DRIVE & RELEASE PHASES



BODY SWING

Once your legs are fully extended, swing your torso backward, keeping your spine in a long and neutral position. If you swing too early, you'll risk injury in your lower back.



ARM DRAW

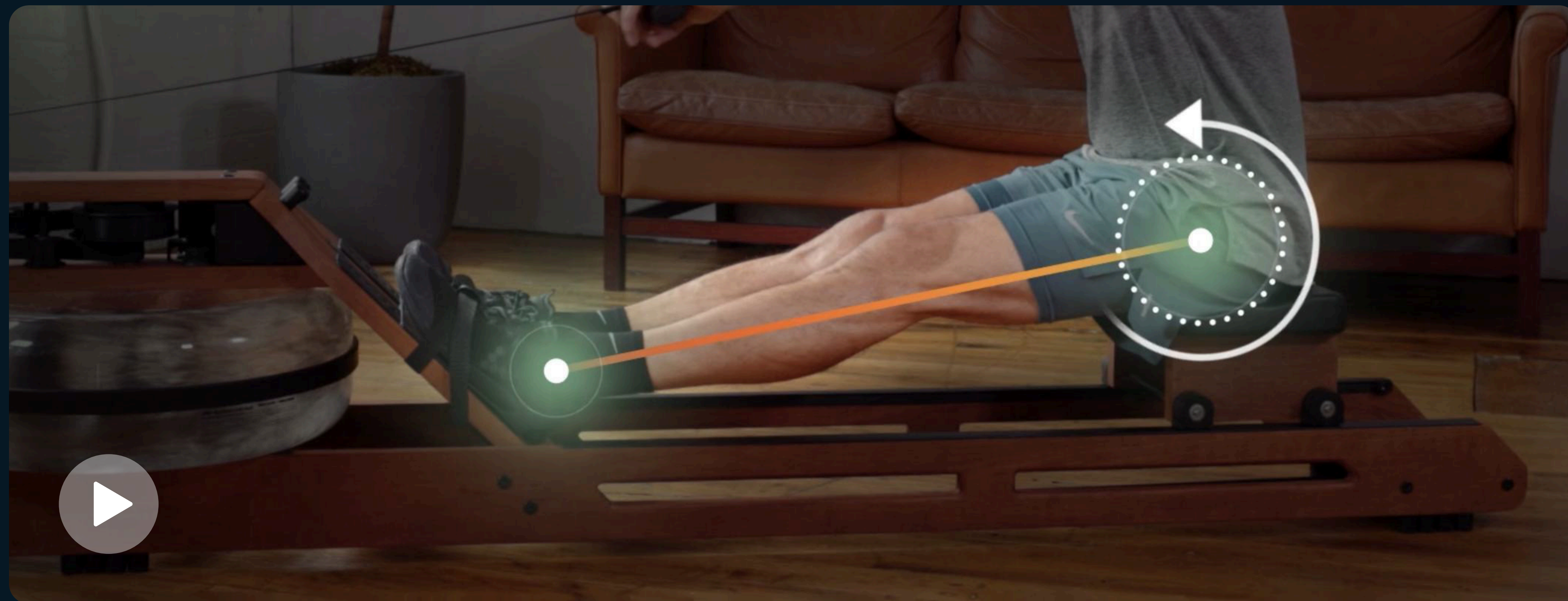
Once your legs are fully extended and your body swing is complete, draw your arms into your chest. The rower's handle should reach the base of your sternum.



ARM RELEASE

Once you finish the arm draw, quickly reach your arms forward. Let the momentum of the rower handle guide you. Don't hold the handle to your chest for too long; that will slow you down and eat into your rest time.

THE RECOVERY PHASE



KNEE BEND

Fold forward from your hips so that your arms clear your knees while your legs are still extended. After that, bend your knees and return to the catch phase.



TIMING

Aim for the recovery phase to be 2x as long as the drive phase. Remember, rowing is a fully-body sport, but you can conserve energy and reduce tension by making the most of the “down time” between strokes.

WANT TO LEARN MORE?

Tech Tips are available on [YouTube](#) and in the tutorials section on your rower.

