

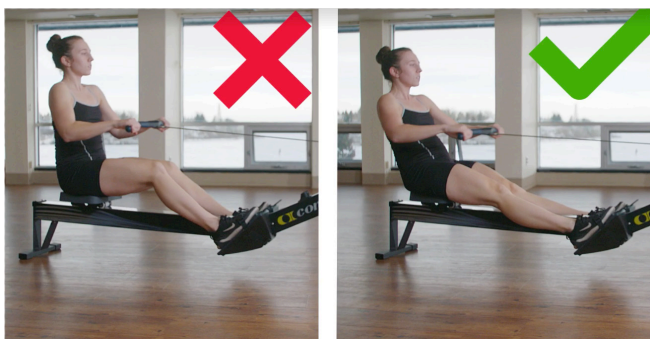


# INDOOR ROWING

## TOP TIPS

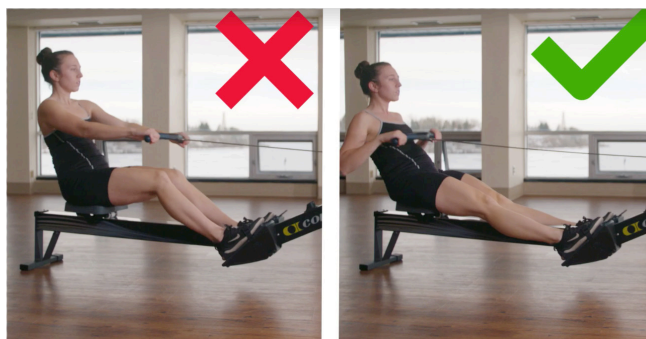
*\*Click on the images to view videos breaking down each tip!*

### ARMS DURING THE DRIVE



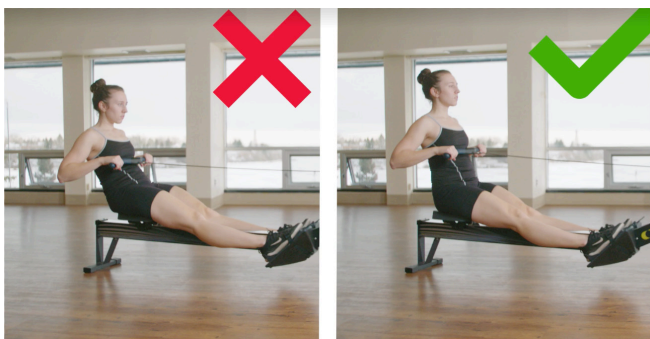
Do not bend your arms at the elbows to help take the stroke. Keep your shoulders down and arms long and straight while engaging the legs throughout the first half of the drive.

### BODY POSITION ON THE DRIVE



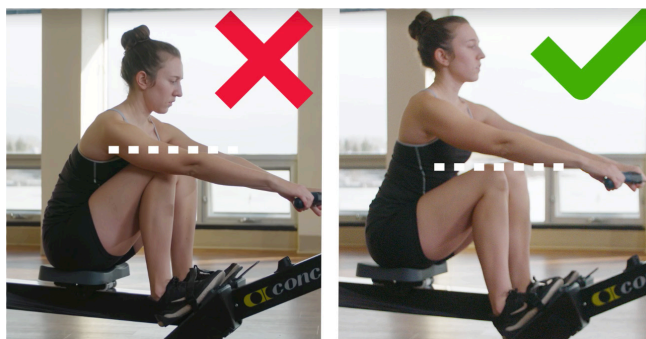
Do not initiate drive movement by opening up your trunk. Your legs are the strongest body part and should be utilized before the small muscles in the trunk and arms.

### FINISH POSITION



Be sure to engage your core to support your back. You do not want curving or slumping of your back and shoulders.

### ENSURING PROPER FOOT HEIGHT



Bring your shins perpendicular to the ground to check your feet position. If your knees are higher than your armpits, move the footplate down.



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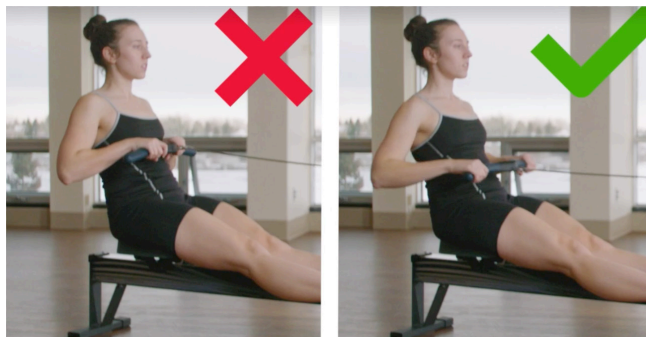
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### FULL REACH POSITION



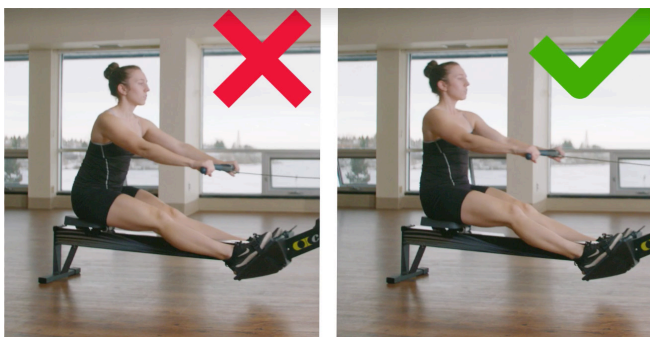
Avoid lunging your shoulders, or the handle, closer to the machine in hopes of getting more length. Your height and flexibility will determine how close you can get the handle to the machine.

### HAND POSITIONING



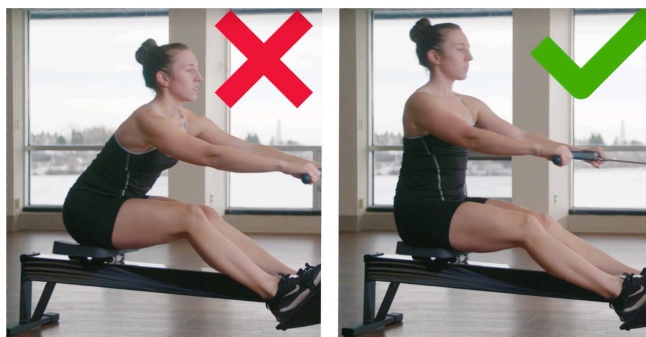
Having your hands too close together will not allow you to bring the handle all the way into the body. Your elbows and wrists should form a straight line and your forearms should be parallel to the floor.

### PUTTING IT TOGETHER



Do not make the drive two completely different movements. Blend them together so that your body starts the swing before your legs are fully extended.

### STARTING THE DRIVE



Do not push your legs down quickly without the handle moving. Ensure that you have connection between the handle and the seat and that they move together.