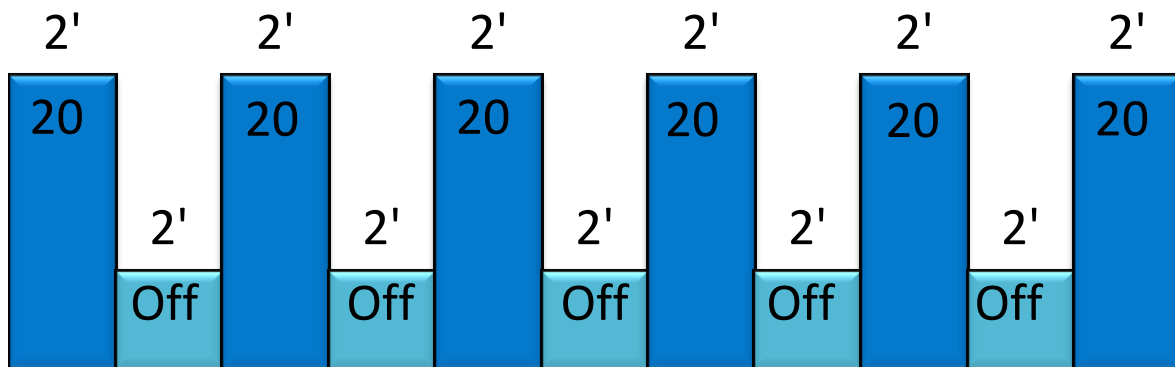


Ergo Power Strokes

Decent Rowing



Ergo Power Strokes

Explanation: This piece is to be done on an ergo with the resistance set to between 7-10, depending on the strength of the athlete. The aim is to have 2 minutes of maximum effort low rating strokes focusing on correct technique and getting connection on the legs at the catch without any slippage of the seat. The 2 minutes off is a rest period however it is advised to keep going through the motions of the rowing stroke with minimal effort in order to flush the lactic acid out of the legs.