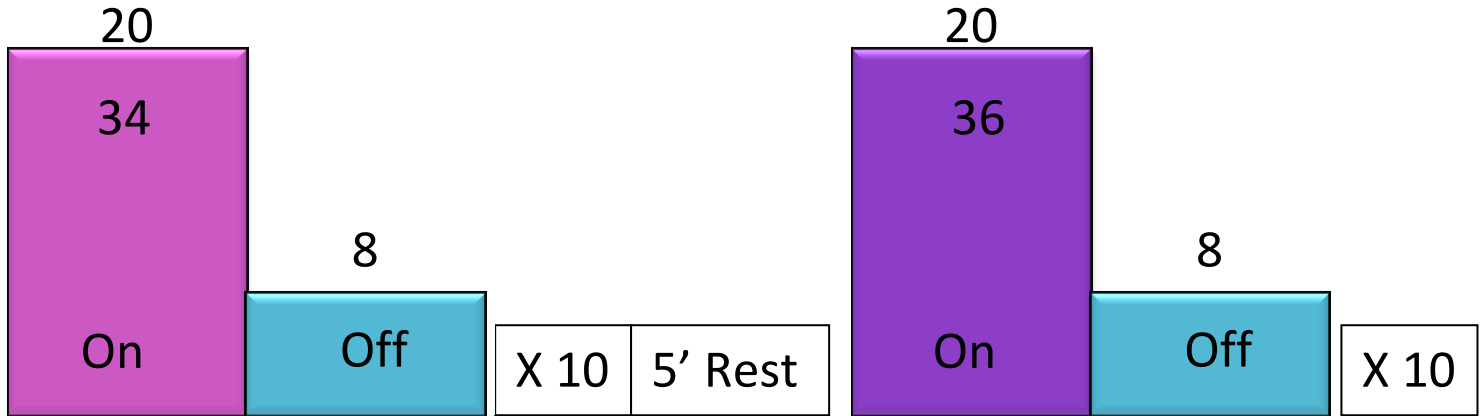


Speed strokes

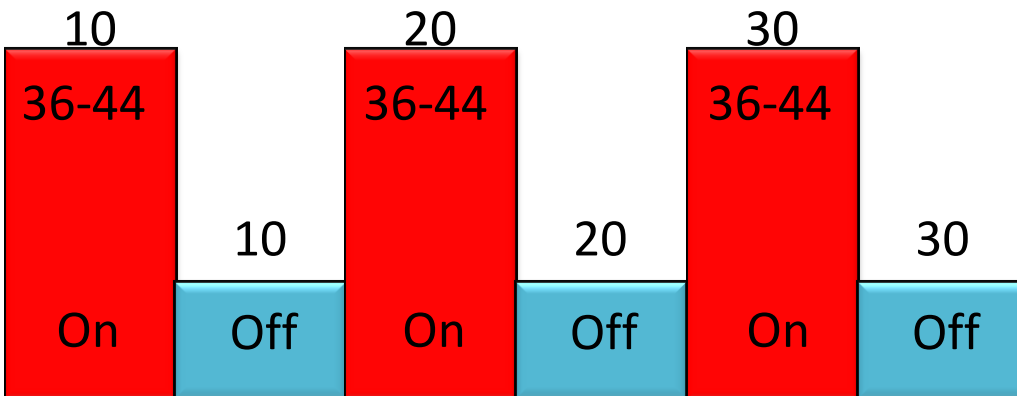
Explanation: These pieces go by number of strokes rather than time. The "On" strokes should be maximum effort while the "Off" strokes should be minimum intensity while remembering to maintain correct technique. While they are called "Off" strokes this does not mean row badly it means row with light pressure.

Speed Strokes: 20/8

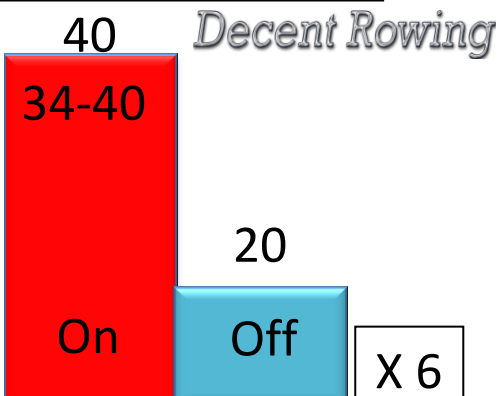


Speed Strokes: 10/10 - 20/20 - 30/30

Decent Rowing



Speed Strokes: 40/20



Speed Strokes: 40/20

