

Indoor Rowing Course - How to Row on an Ergo

Go to: www.decentrowing.com for videos of these lessons



Lesson 1 - Posture

1		Finish Position: Sit at the finish position with pelvis vertical and elbows out, sitting tall.	2		Hands Away: Extend arms while holding the body unchanged.	3		Soft Knees: Soften (relax) the knees slightly so the hamstrings allow the pelvis to move more freely.	4		Body Over: Rock the pelvis over, pushing the shoulders over rather than pulling the pelvis over with the shoulders.
5		Move to the Catch: With arms fully extended, move towards the flywheel until the shins are vertical without changing the body position.	6		Initial Leg Drive: Holding the same body and arm positions push with the legs until the seat has moved about halfway up the slide.	7		Body and Arms: Open the body and use the arms to draw from this point on.	8		Body, Arms and Legs together: Drive with the legs, body, and arms trying to have all finish together.

Lesson 2 - Catch

1		Relax the grip and upper body while taking the Catch.	2		Body position at the catch. Shins vertical and arms fully extended.	3		Commence the drive. Glutes and core activated, shoulders relaxed.	4		Practice moving in and out from the catch to half slide.	5		6		Practice core and glutes engaged and hang off seat with relaxed shoulders. Hold and then release the athlete.

Lesson 3 - Finish

		Sit at the finish and make sure that: <ul style="list-style-type: none"> The pelvis is as vertical as it can be given your flexibility. The elbows are out and not next to their body, and are above the handle height. You have flat wrists. Your shoulders are not raised. Have your core engaged to hold this position correctly.	Incorrect Positions				
	Shoulders too high		Wrists below handle		Wrists above handle		Pelvis slumped

Lesson 4 - Catch connection

	Core on when nearing the catch: Just before the catch position, ensure your core and glutes are on.		Into the catch, heels raised: At the catch raise the heels slightly off the foot stretcher.		Quick Catch: Brace your core and simply put your heels down quickly.		Weak Core: You will tend to push the seat up the slide and your body will remain close to stationary.
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Lesson 5 - Rhythm

- Rhythm is essential to allow a small amount for recovery with each stroke and getting the most from each drive phase.
- It is crucial for Rhythm that you feel a difference between the power phase and the relaxed recovery.
- You can row hard and combine relaxation within the rowing stroke. It is critical that you do not rush into the catch.