# Indoor Rowing Course - How to Row on an Ergo

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



### Lesson 1 - Posture



Finish Position: Sit at the finish position with pelvis vertical and elbows out, sitting tall.



Hands Away: Extend arms while holding the body unchanged.



Soft Knees: Soften (relax) the knees slightly so the hamstrings allow the pelvis to move more freely.



Body Over:
Rock the pelvis
over, pushing the
shoulders over
rather than pulling
the pelvis over with
the shoulders.



Move to the Catch: With arms fully extended, move towards the flywheel until the shins are vertical without changing the body position.



Initial Leg Drive: Holding the same body and arm positions push with the legs until the seat has moved about halfway up the slide.



Body and Arms: Open the body and use the arms to draw from this point on.

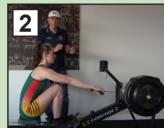


Body, Arms and Legs together: Drive with the legs, body, and arms trying to have all finish together.

## Lesson 2 - Catch



Relax the grip and upper body while taking the Catch.



Body position at the catch. Shins vertical and arms fully extended.



Commence the drive. Glutes and core activated, shoulders relaxed.



Practice moving in and out from the catch to half slide.



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:

- 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.

# No. of the second secon

Shoulders too high

# Commission

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.

**Incorrect Positions** 

# 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
- You can row hard and combine relaxation within the rowing stroke. It is critical that you do not rush into the catch.