

ROWING MACHINE POSTER [MAP] [2012]

(AUTHOR) MIKE JESPERSEN FROM PRODUCTIVE FITNESS



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ROWING MACHINE

Information and Conditioning

PROPER POSTURE, FORM AND SAFETY

- Do not arch forward or lean backward excessively.
- Keep a light grip on the handle, avoid a tight grip.
- Put straight back with both hands. Never twist the chain or pull it from side to side. Abuse of the chain can result in injury.
- Use both hands to row. Never row with only one hand.
- Keep children, rings and loose clothing away from seat rollers. Seat rollers can cause injury.
- Avoid bending your wrists or sticking your elbows out to the sides.
- Place the handle in the chain guide before hitting go.

NOTE:
An indoor rower is also known as an ergometer, or "erg" for short.

HEALTH BENEFITS

Weight Loss
Rowing and its variations can burn 500 to 1,000 calories per session. The water rowing style might burn more, but the water rowing style is not available in all areas. Rowing is a low-impact exercise that is suitable for people with different fitness levels.

Cardiovascular
Rowing is a cardiovascular exercise that is a great fit for your heart and lungs. It is a low-impact exercise that is suitable for people with different fitness levels.

Joints
Rowing is a low-impact exercise that is suitable for people with different fitness levels.

HANDLE
Use an underhand or overhand grip. Hold the handle lightly.

CHAIN
Attaches the handle to the flywheel. **DO NOT TWIST THE CHAIN.**

DAMPER
Settings on the Damper are a personal preference and not a measure of overall effort. Similar to the gears on a bike, the lower settings (1-3) have a faster stroke rate, but less momentum (less drag) to carry the boat forward. The higher settings (4-10) result in a slower stroke rate but have more momentum (less drag). The overall effort to reach a given distance is the same regardless of the Damper setting. Beginners should select a setting from 3 to 5.

FOOT STRAPS
Heels should rest against the base of the foot pedal and then the straps should be secured.

FLY WHEEL
Filled with thin blades that provide wind-resistance when the chain is pulled.

STAGES OF THE STROKE

- 1. Catch**
The feet are flat on the pedals and the knees are bent. The handle is at the front of the stroke.
- 2. Drive**
The feet are flat on the pedals and the knees are bent. The handle is at the front of the stroke.
- 3. Finish**
The feet are flat on the pedals and the knees are bent. The handle is at the front of the stroke.
- 4. Recovery**
The feet are flat on the pedals and the knees are bent. The handle is at the front of the stroke.

MUSCLES WORKED

THE WORKOUT

Rowing is a cardiovascular exercise that is a great fit for your heart and lungs. It is a low-impact exercise that is suitable for people with different fitness levels.

SELECT YOUR ZONE

Use the table below to select your zone based on your heart rate and power output.

Zone	Heart Rate (b/min)	Power (W)
Zone 1	120-140	100-150
Zone 2	140-160	150-200
Zone 3	160-180	200-250
Zone 4	180-200	250-300
Zone 5	200-220	300-350

HEART RATE ZONE

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