



## Get back in shape

Using RowPro  
to get back to fitness



## Rowing to get back in shape

If you're rowing to get back in shape, our research shows you're not alone! The typical background is that you were in reasonable shape years or decades ago, but now you're having issues with your weight, fitness or health, so you've decided to row to get back in shape.

That's a great decision! No doubt you were drawn to indoor rowing because it's a very efficient whole-body exercise you can do at home.

## Using RowPro to get back to fitness

### Rowing plans

People know rowing without a plan is basically guesswork, and repeatedly rowing the same workout invites boredom. But finding the right mix of workout duration, intensity, frequency and format isn't easy, and finding a rowing plan that's right for you can be a real mission.

RowPro provides a lifetime supply of rowing plans that are tailored to you and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you get the best results and make the best use of your rowing time.

### Tracking your progress

Even with a plan, it's not easy to verify week by week if it's really working. Your Concept2 Performance Monitor records the basics, but from there you're on your own, usually with no coach or trainer to help.

RowPro connects direct to your Concept2 Performance Monitor, captures every stroke automatically as you row, saves it in your personal rowing log, and provides reports and analysis to track your rowing and show your progress.

### Stroke technique

Stroke technique is far more important than most people realize, and can make or break your rowing. Incorrect technique can lead to injury and can result in an unfortunate combination of higher effort for lower results. When you're rowing to get back in shape, it's important not to accidentally injure yourself and interrupt or even stop your progress.

RowPro has a 3D Coaching Clinic where you can watch stroke technique in slow motion and learn the key parts of the rowing stroke from Olympic Rowing Coach Brian Hawthorne. Once you understand the basics, you can watch your on-screen 3D avatar's stroke technique while you row, and compare and adjust your own stroke technique using a mirror.

## Motivation

We all know it's not just training plans and tracking that get you back in shape - you have to stick with it. The \$64,000 question is who's going to win the motivational mind game – you or the rowing machine?

RowPro has a powerful suite of motivation boosters that make indoor rowing as interesting as your on-season activity - and maybe better. Whether it's 'racing' your past self, the friendly companionship of online rowing, the structure of rowing plans, or the mental lift you get from the sparkling 3D on-water scene, RowPro provides the motivation you need to get on with it.

## Action plan

### Step 1 - create a rowing plan

RowPro has plans for weight, fitness and competition. RowPro guides you to the right plan and tailors it for you. In RowPro click Training | Training Plans and follow the steps there.

### Step 2 - use the Coaching Clinic

In RowPro click Training | Coaching Clinic. Click the > button at top left of the Charts frame so the rower starts moving in slow motion. Click and drag in the 3D Display to swivel the rower.

Click the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke. Study the rower's action from different angles as you read the coaching tips.

Later when you row your workouts, put a mirror on one side and your RowPro computer on the other side of your rowing machine. Then compare and adjust your technique while you row.

### Step 3 - find your motivators

RowPro has a full suite of motivation boosters that reflect the wide range of things people find motivational. This enables you to select the motivators that fit you exactly, to really help you stick with your rowing.

There's a *Strategies for staying motivated long-term* section in the [Rowing with RowPro](#) guide. Look through that and try the methods listed there to find the ones that work best for you. Make a point of trying them all – you never know!

### Step 4 - track your progress

RowPro has the tools you need to track your progress, from just logging rows to sophisticated stroke-by-stroke tracking of variables like pace and heart rate.

There's also a separate [Tracking your progress](#) mini-guide. Look through that and use the methods there to track your progress.

## Links for more information

Questions? Comments? Contact us at [assist@digitalrowing.com](mailto:assist@digitalrowing.com).