



## Rowing for medical therapy

If you're rowing to manage a medical condition, our research shows you're not alone. The typical background is that you need aerobic and/or strength exercise to recover or maintain your health, or to slow the progression of a longer-term medical condition.

Indoor rowing can be a great help because it's whole-body exercise you can do at home, and done correctly it can help you restore your strength and manage your fitness.

## Using RowPro to manage a medical condition

### Rowing plans

Given your medical condition, finding the right mix of workout duration, intensity, frequency and format is not easy, and finding a rowing plan that's right for you can be a real mission. And of course you need your doctor to check and confirm any exercise plan is going to be safe and effective for you.

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 for the least rowing. You can take a RowPro rowing plan to your doctor to confirm it's safe and effective for you.

### 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 for medical therapy, it's important to make your rowing contribute to your wellbeing, not put it at risk.

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

Motivation is where RowPro really comes to the rescue – it acts like a stimulant that boosts your motivation to row. Whether it's 'racing' your past self, the friendly companionship of online rowing, the structure of a rowing plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro gives you just 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).