



## Technique

Using RowPro  
to develop good  
stroke technique



## Why focus on technique?

### With good technique you look good, feel good, and stay good

Good stroke technique makes you look like a pro when you row and gives you a sense of mastery that stimulates your rowing. Good technique also feels a lot better when you row - more relaxed and less strenuous. And if you row 3 x 20 minutes per week, that adds up to around 75,000 strokes per year, so good technique is the key to staying injury free long-term.

### With good technique you perform better

Good stroke technique is proven to be more efficient. As your stroke technique improves, your speed, strength and endurance go up, and your effort and heart rate come down. That adds up to improved performance – the better your technique, the better you perform.

## Using RowPro for technique

### The technique challenge

How do you learn good technique without having a personal coach? Often people start by searching for 'rowing technique' videos on YouTube or Google. Those at least show you good technique, but translating that into your own good technique is another story entirely. RowPro is specifically designed to overcome this challenge so you really do develop good technique in your own rowing.

### Before and between rows

RowPro has a 3D Coaching Clinic where you watch an Oarsman perform excellent stroke technique in slow motion, and learn the key parts of the stroke from Olympic rowing coach Brian Hawthorne.

Brian's easy-to-follow coaching is designed to help beginners quickly understand how to row safely and powerfully, and to help more experienced rowers improve all phases of the stroke from drive to finish. This enables you to accurately improve your own stroke technique without needing a coach to watch you and give feedback.

The crystal-clear 3D slow motion - which you can spin and watch from any angle - gives you the time you need to fully understand and learn from what you're seeing.

## While you row

Good stroke technique looks easy when you watch it, but it takes time and practice to develop properly. RowPro helps by showing you good stroke technique while you row every stroke.

The 3D oarsman that's 'you' in the RowPro display synchronizes with you at the finish of each stroke. In between one stroke finish and the next, it shows you good stroke technique that you can mimic while you row. If you position a mirror so you can watch yourself row, you can then compare your own stroke with the oarsman's stroke.

## Step-by-step Guide

### Studying good technique in the coaching clinic

1. Click Coaching Clinic on the RowPro main menu.
2. Click the > button on the top left of the black frame around the coaching notes. The oarsman will start rowing in slow motion.
3. Click the Recovery button alongside the coaching notes.
4. Read each line of the Recovery notes, and then watch the 3D oarsman perform that specific action in the recovery part of the stroke (the part where the hands are moving away from the body) in slow motion.
5. If you want, click inside the 3D pane and drag to move the viewpoint so you can watch the stroke action from other angles.
6. Once you understand the recovery, click one of the other buttons, for example the Catch, and again watch the 3D oarsman. Continue until you understand all parts of the stroke.
7. When you're done with the Coaching Clinic, click Close.

### Learning to apply good technique while you row

1. Position your RowPro display so you can watch the onscreen oarsman that represents 'you' rowing while you row.
2. Ideally, position a mirror so you can watch yourself row. You'll find this most helpful in the early stages of your rowing 'career'.
3. Start rowing with RowPro.
4. Take care to maintain a steady stroke rate by watching the SPM (Strokes Per Minute) indicator on the Concept2 PM or the RowPro PM twin.
5. Once you're rowing at a steady SPM, you'll see the oarsman reaches the Finish of each stroke (when the hands come into the body) at the same time you do.
6. Now watch the timing of the Catch (when the oars go into the water) and compare the oarsman's timing with the timing of your own Catch.
7. If you see timing differences between you and the oarsman at the Catch, adjust the timing of your Catch to match the oarsman.
8. Once you have the timing of the Catch right, start working on the other timings you learnt in the Coaching Clinic.
9. Revisit the Coaching Clinic from time to time to refresh your memory and to give you fresh areas to focus on as the weeks and months go by.

## Links for more information

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