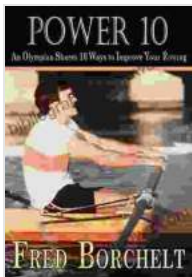


# Unlock Your Rowing Potential: 10 Ways To Improve Your Rowing

Rowing is a challenging yet rewarding sport that combines strength, endurance, and technique. Whether you're a seasoned rower or just starting out, there's always room for improvement. In this article, I'll share 10 ways that you can upgrade your rowing technique and take your rowing performance to the next level.



## Power 10: An Olympian Shares 10 Ways to Improve Your Rowing by Fred Borchelt

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### 1. Master the Catch

The catch is the most important part of the rowing stroke. It's where you generate the power that will propel you forward. To perform a good catch, keep your shoulders low and relaxed, and your back straight. Reach forward with your arms and grab the oar handles firmly. Then, drive your legs back with power and extend your arms simultaneously.



## 2. Improve Your Body Position

Your body position on the erg or in the boat is crucial for efficient rowing. Sit up straight with your spine elongated and your shoulders back. Keep your head up and your gaze forward. Your knees should be slightly bent and your toes should be pointing forward.

# CORRECT ROWING TECHNIQUE & POSITIONS:

## A GUIDE TO PROPER FORM



**The CATCH**

- Grip handle
- Wrists flat
- Arms extended out
- Upright posture
- Forward lean
- Knees bent

**Arms extended**

- Press through with foot pedals
- Keep posture firm + upright
- Tight core
- Pull on handle full leg extension
- Lean back slightly





**The FINISH**

- Pull handle all the way to you
- To area between navel + chest
- Exhale while pulling
- Bring legs to full extension
- Lean back

- Extend arms towards front
- Lean torso forward
- Follow arms to front of rower
- Then bend knees
- Use hips to slide seat back to start



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### 3. Time Your Breathing

Proper breathing is essential for rowing performance. Inhale through your nose and exhale through your mouth. Coordinate your breathing with your rowing stroke. Inhale as you recover forward and exhale as you drive back.



#### **4. Build Core Strength**

A strong core is essential for rowing. It helps you maintain good body position, generate power, and avoid injuries. Incorporate exercises such as planks, crunches, and side bridges into your training routine to strengthen your core.



## 5. Improve Leg Drive

Leg drive is the foundation of a powerful rowing stroke. Push off with your legs as hard as you can during the drive phase. Keep your legs straight and your feet flat on the footplates. Engage your glutes and quadriceps to generate maximum power.



## **6. Work on Arm Pull**

Your arms play an important role in the rowing stroke. They help you pull the oar through the water. Focus on pulling with your lats and biceps, keeping your elbows close to your body. Avoid overextending your arms or rounding your back.



## 7. Optimize Your Technique

Rowing technique is all about efficiency and power. Pay attention to the details of your stroke, such as keeping your wrists straight, your hands close together, and your back straight. Practice regularly to refine your technique and get the most out of every stroke.



## **8. Set Realistic Goals**

Setting realistic and achievable goals is important for progress. Don't try to do too much too soon. Start with small, manageable goals and gradually increase the difficulty as you improve. This will help you stay motivated and avoid burnout.





## 9. Find a Rowing Community

Joining a rowing club or finding a training partner can provide motivation, support, and accountability. Connect with other rowers, share knowledge, and learn from more experienced athletes. A positive and supportive environment can make a big difference in your progress.

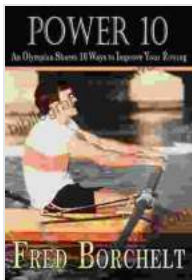


## 10. Embrace the Journey

Improving your rowing performance takes time and effort. Don't get discouraged by setbacks or slow progress. Embrace the journey, learn from your mistakes, and enjoy the process of becoming a better rower. Remember, rowing is a lifelong pursuit that offers countless rewards and experiences.



By incorporating these 10 ways into your training, you can significantly improve your rowing technique and achieve your fitness goals. Remember, rowing is a challenging but rewarding sport. With dedication, consistency, and a willingness to learn, you can unlock your full potential and experience the joy and satisfaction of rowing at your best.



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