



Safety sheet: Ergo Technique

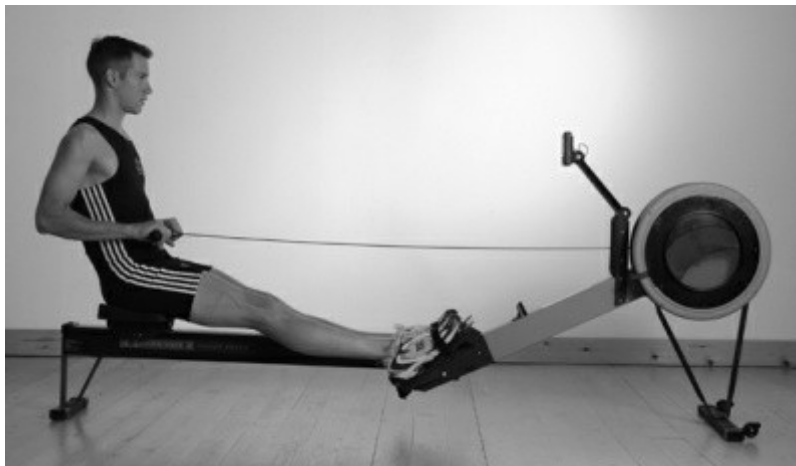
You cannot escape the indoor rower or “Erg”. It is an extremely effective method of improving fitness and measuring your potential boat moving speed. Used properly it is a safe and very beneficial exercise tool. If used improperly it can lead to serious muscular problems. When you first begin to use the Erg, just as when you first begin to do any new free weights, you should concentrate on getting the technique right before attempting to apply your maximum power.

Proper technique is engrained through practice, it may take several weeks before you are confident and safe enough with proper technique before you can apply full pressure. Do not worry, people that have been rowing for several years still have to think about their technique, especially when tired!

Wam-up!

Like any sport you should adequately warm-up and stretch before starting your erg session properly. This involves jumping on the ergo “cold” and doing light rowing for around 5-10 minutes. Once you have loosened your muscles and gotten warmer, you should then stretch your major muscles groups – legs, back, shoulder and arms. Remember if you are doing a short intense workout, your warm-up will need to be longer than if you are doing a low intensity long work out.

Technique.



THE FINISH Lean back slightly, legs flat, handle drawn to the body. Forearms horizontal.



1) Arms extend then 2) Body rocks forward from the hips.



The Slide: AFTER the arms have fully extended and the body rocked forward, slide forward maintaining arm and body position.



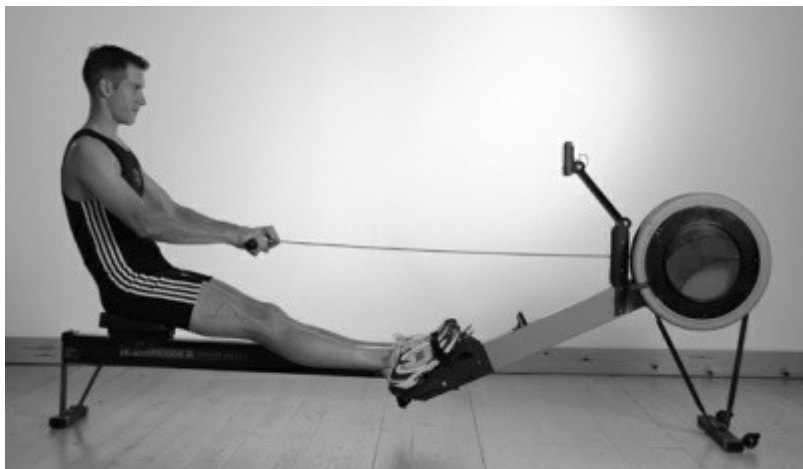
THE DRIVE : Full Slide - The Beginning Shins vertical with body pressed up to the legs. The arms are straight and relaxed. The position should feel comfortable.



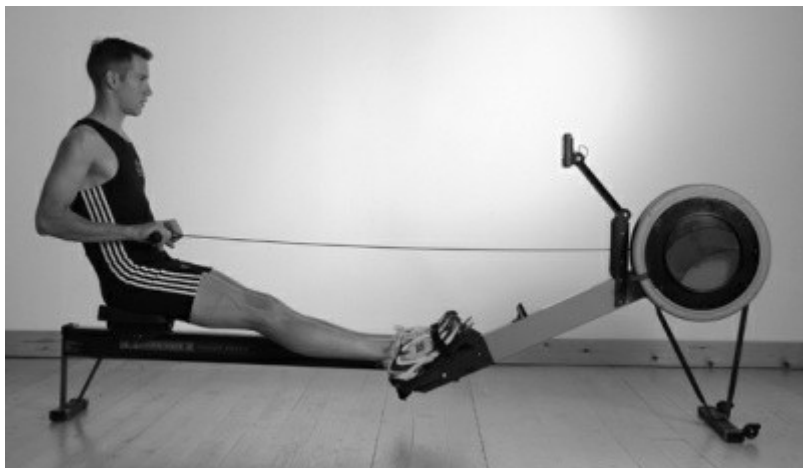
The Start of the Drive The legs push down and the body begins to lever back.



The Drive continued The legs continue to push as the body levers back. The arms remain straight.



The body stops levering back The arms draw the handle past the knees and then strongly to the body, returning to the Finish position. Legs flat. Forearms horizontal.



THE FINISH Lean back slightly, legs flat, handle drawn to the body. Forearms horizontal. You are ready to take the next stroke.

Remember: Warm down after exercise!

Common mistakes:

- 1) From the finish people often bring the knees up before their arms and body have completed their movement toward to the machine. The tell tale sign will be if you have to raise your hand to clear you knees. Remember from the finish the motions are **ARMS-BODY-SLIDE**. Separate these motions.
- 2) On the drive phase people often start to use their arms too early. Arms do not come in till you legs are completely flat and you back is losing its effectiveness. If you don't hang off the handle like a water skier of his rope, then you will a) not be effective and b) risk injuring your shoulder. Remember water skiers fall flat on their face if they don't hang off their handle, you may damage your muscles and you will definitely waste energy if you don't hang off yours.

Pembroke College Boat Club Safety Officer 2006, with thanks to www.concept2.co.uk