



CONCEPT 2: ROWING ERGOMETER

If you are looking for a change to your normal Cardio routine or for something new you might want to consider adding a Concept 2 Rowing Ergometer to your routine. The Concept 2 Rowing Ergometer requires you to use your entire body on each stroke. Upper body, Core and Lower body muscles work in unison on each rowing stroke, increasing your caloric demand.

Recovery (Phase 1)

Extend your arms until they straighten

Lean your upper body forward to the one o'clock position.

Once your hands and the oar handle have cleared your knees, allow your knees to bend and gradually slide the seat forward on the monorail.

Catch (Position 1)

Arms are straight; head is neutral; shoulders are level and not hunched.

Upper body is at the one o'clock position— shoulders in front of hips.

Shins are vertical and not compressed beyond the perpendicular.

Balls of the feet are in full contact with the footplate.

Drive (Phase 2)

With straight arms and while maintaining the position of the upper body at one o'clock exert pressure on the foot plate and begin pushing with your legs.

As your legs approach straight, lean the upper body back to the eleven o'clock position and draw the hands back to the lower ribs in a straight line.

Finish (Position 2)

Legs are extended and handle is held lightly at your lower ribs.

Upper body is at the eleven o'clock position—slightly reclined with good support from your core muscles.

Head is in a neutral position

Neck and shoulders are relaxed and arms are drawn past the body with flat wrists.

If you have questions about how to set the Rowing Ergometer up correctly or need help with technique please feel free to ask one of the BAC personal training staff, and we would be glad to help!