

# EXERCISE

# Rower

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- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

We're now going to show you how to use the rower. There are lots of different rowing machines, so make sure you familiarize yourself with your setup. Here, we're going to be using quite a popular one - the Concept Two.

Before we get going, I just need to make sure that we've got a few things set up.

Ask the client firstly to come to a seated position on the rower. Once they're in a seated position, ask them to bring their feet into the pads. We might need to make adjustments depending on the client's shoe size or foot size, and at this point, we need to make any adjustments which we can do by sliding it up or down. We want to make sure that the strap is across the bottom of the toes so that the foot can still flex.

Once a client is strapped in, ask them to reach forward onto the handles and bring themselves to a tall position with their shoulders over their hips.

When they're ready, we're going to start to work through some basic techniques.

Firstly, we want to make sure that the client is nice and tall through the back, and that their arms are nice and long.

We want to make sure that the client focuses on the leg drive first, as a lot of people tend to use their arms before their legs. The legs are a lot bigger than the arms.

So Dom, I want you to drive hard with your legs - actually pass the knees, then pull the hands into the chest. Continue. Then with the arm staying long, return your hips back to your heels.

You want to make sure that the setting is at an appropriate level. So at the moment we're on a Level 4, but you might need to change this depending on the client's goal and the strength-levels of your client. It's a good thing to make sure also that you check in with your client from time to time.

(To Dom) So, Dom, how are you feeling at the moment? Excellent.

Other things that we might need to look out for: knee position. As the client drives their legs, the knees aren't caving in - or vice versa, the knees aren't coming out too far. We want hip, knee, ankle to be in as much of a straight line as possible.

Once the client's coming towards the finish of their session, we're going to ask them to slowly bring themselves to a gradual halt. And then, firstly return the handles back. And then from there you can assist them or ask the client to unclip and then slide their feet up and then away from the hooks.

# Main Muscles Involved

- Calves
- Quadriceps (quads)
- Hamstrings
- Glutes
- Abs
- Obliques
- Pecs
- Biceps
- Triceps
- Deltoids
- Upper back
- Latissimus dorsi (lats)