



Concept 2 Rowing Workshop

When: Saturday 19 Dec 2015
from 11:15-12:30

Who: CF Jenks Members Only



What Will Be Covered and Practical Application

- Overview
- Concept 2 Rower Features
- Concept 2 PM 3/5 Monitor Features
- Proper Rower Set-up
 - Adjustable Footrests – Damper Setting – Monitor Display
- Proper Rowing Technique
 - Catch – Drive – Finish – Recovery
- Common Rowing Technique Mistakes
 - Erratic Core to Extremity Transfer - Fast Saddle - Improper Recovery Early Knee Bend– Drive Phase Opening with Back etc...
- Damper Information and Settings
- Rowing Technique Practice / Rowing Intervals
- Modified Tabata Drills to Help Determine Damper Settings / Drag Factor Test
- Questions

