



# HOW TO USE THE INDOOR ROWER

## Before You Row

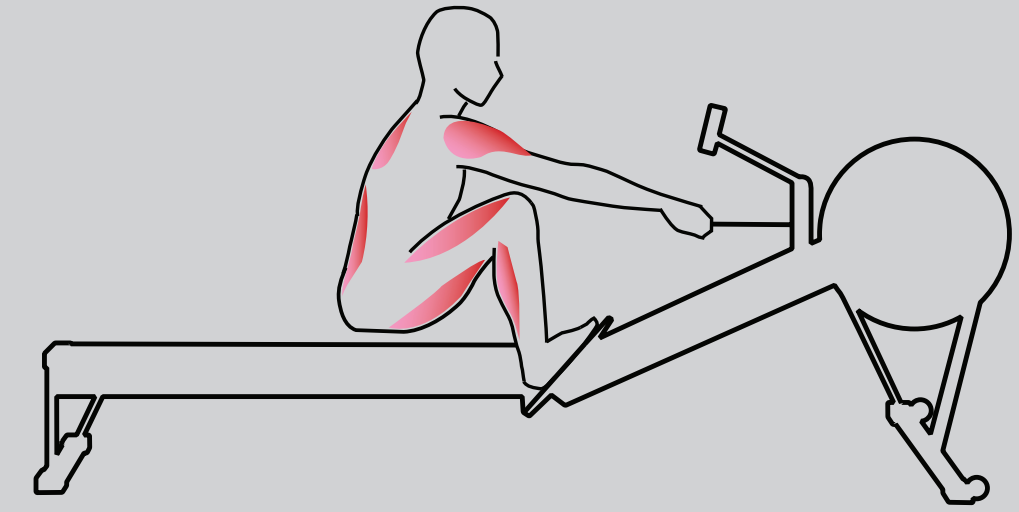
1. Review the technique information at right.
2. Adjust the foot stretchers to fit your feet.
3. Set the flywheel damper between 3 and 5 for the best aerobic workout.
4. Warm up with several minutes of easy rowing.



The Performance Monitor will power up when you start to row, or you can press MENU to access other features.

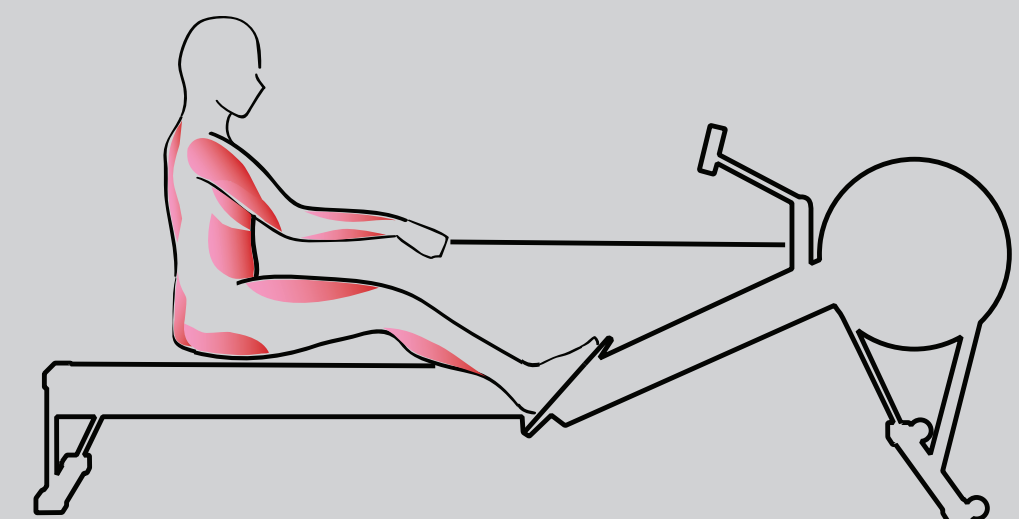


## THE CATCH



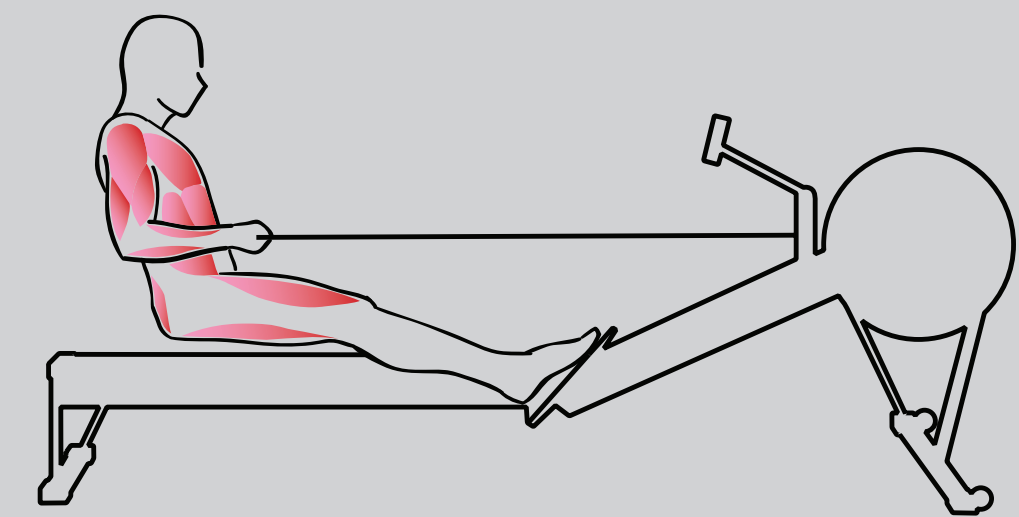
Arms are straight; head is neutral; shoulders are low and relaxed. The upper body is leaning forward from the hips. Shins are as close to vertical as is comfortable but should not move beyond vertical. Heels may lift as needed.

## THE DRIVE



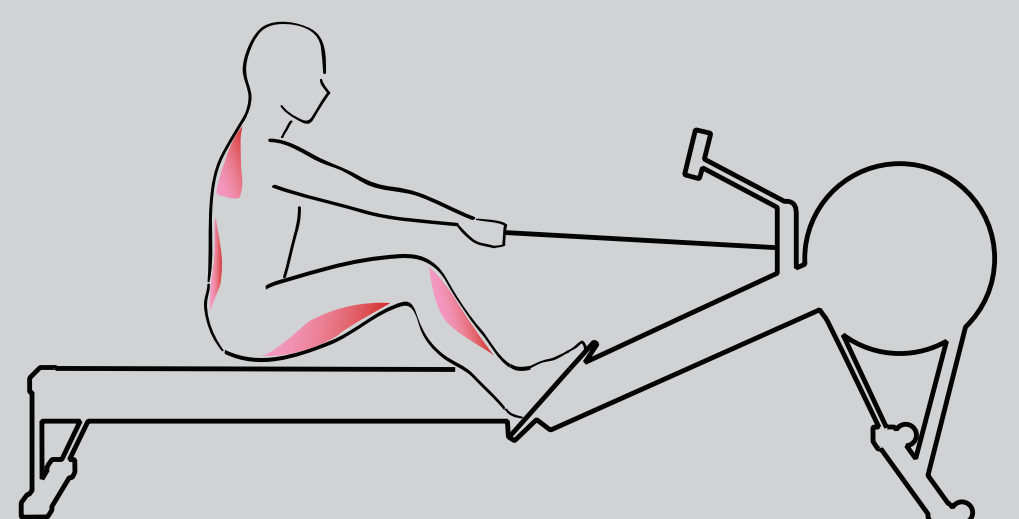
Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull. Your hands should move in a straight line to and from the flywheel.

## THE FINISH



Upper body is leaning back slightly, using good support from the core muscles. Legs are extended and the handle is held with a relaxed grip, slightly below your ribs. Wrists are flat and shoulders are low and relaxed.

## THE RECOVERY



Extend your arms before leaning from the hips towards the flywheel. Once your hands have cleared your knees, allow your knees to bend and gradually slide the seat forward. Return to the catch position with shoulders relaxed and shins vertical—ready for your next stroke.

These positions should be blended together to make a smooth and continuous stroke.

[CONCEPT2.COM/START](http://CONCEPT2.COM/START)

**WARNING!** Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.