



Indoor Rowing Technique

The rowing machine is one of the few pieces of training apparatus found in a gym that requires a moderate degree of technical competence to both maximise the benefit of training and ensure that you do not injure yourself.

There can be a wide variety of differing techniques. Although not all of these can result in injury, the rowing machine is a training apparatus and you need to maintain a degree of competence in order to minimise any risk.

Good technique produces maximum speed for minimum effort!

You can look through the sequence of photos of [Fran Houghton](#) and accompanying explanation to help you perfect your indoor rowing technique.

Continued

Drive Phase



The drive phase is initiated with a push from the legs.



As the legs reach half their extension, the hip angle begins to open.



Once the legs are fully extended and the back is vertical the arms begin to draw the handle to the body.



The handle finishes about half way up the body. The elbows follow the line of the handle and the wrists stay in line with the forearm.

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Recovery Phase The recovery phase is as important as the drive. If this element is co-ordinated correctly it makes the drive phase instinctive. It is therefore this element that many rowers concentrate on during practice. The recovery is very similar to the drive phase but in reverse.



The finish position with the legs and back straight.



The recovery is initiated with the arms straightening.



The body pivots from the hips, before the legs bend.

Continued...



The legs flex until the shins are vertical.

Throughout the coordination of the drive and recovery phases, the back should remain in a 'neutral position' (flat back, pivoting from the hips). This will help transmit the power generated from the legs to the handle and allow the force to be evenly spread throughout the spine, minimising the potential for any harm.



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