



The illustrated guide to

Rowing with RowPro Home Edition

Version 4

Digital Rowing Inc.

60 State Street, Suite 700
Boston, MA 02109
USA

www.digitalrowing.com

assist@digitalrowing.com

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1. First steps with RowPro

STEP 1: CONNECT YOUR CONCEPT2 PM AND START ROWPRO

RowPro can connect to a Concept2 PM3 or PM4 via USB or to a Concept2 PM2+ via a USB-Serial adaptor.

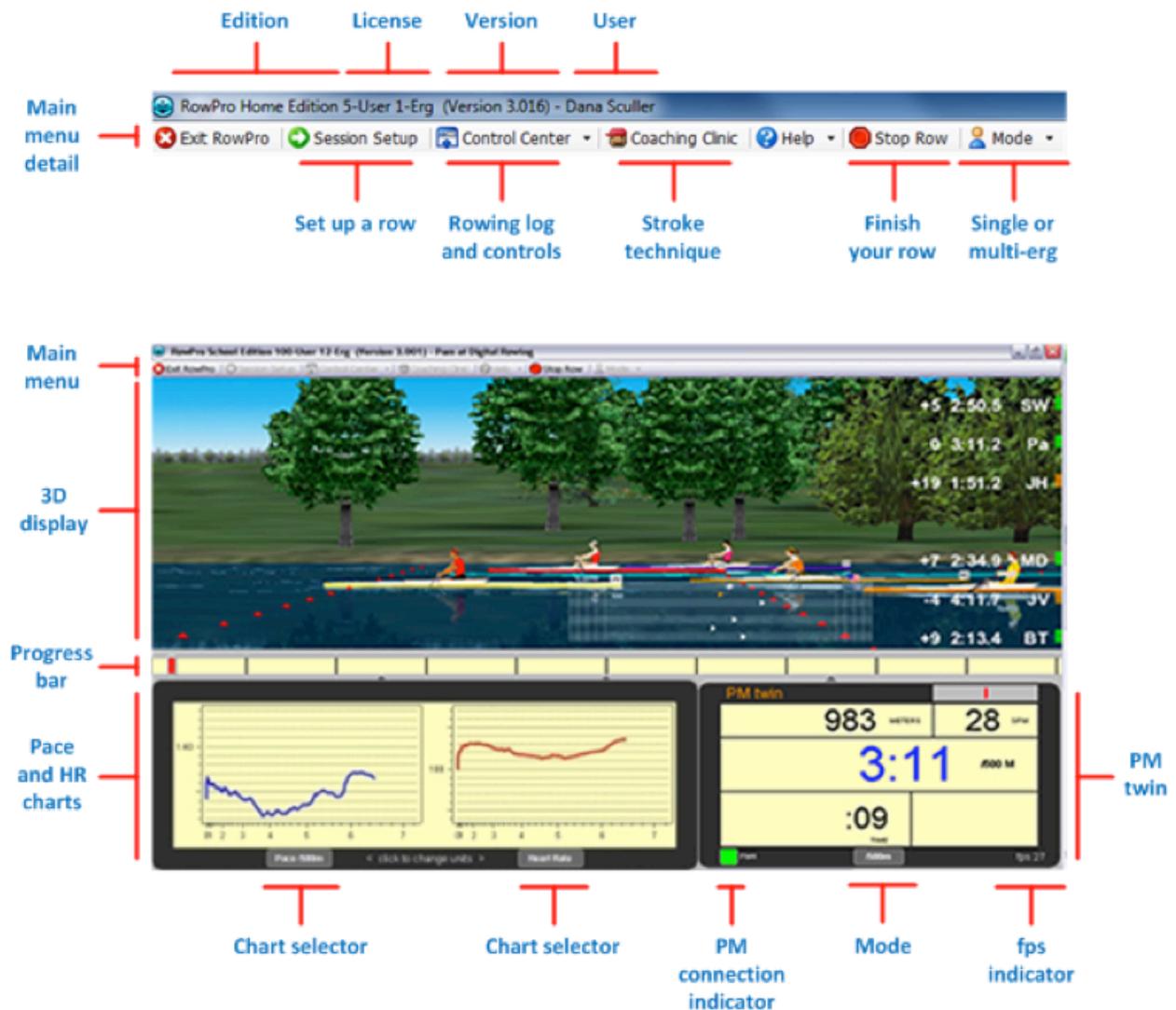
It's important to put on your HRM chest belt, sync it with your Concept2 PM, and connect your Concept2 PM to your RowPro PC before you start RowPro.

When you're all connected, start RowPro by double-clicking the RowPro desktop icon.

Note: If you have problems starting RowPro or connecting your Concept2 PM, check the Troubleshooting section in RowPro Help Online at www.digitalrowing.com/help

STEP 2: UNDERSTAND THE IN-ROW DISPLAY

The main RowPro display screen is called the 'In-Row Display'. Before you row, familiarise yourself with the main parts of the In-Row Display shown below:



Note: For more information about the In-Row Display, see RowPro Help Online at www.digitalrowing.com/help

STEP 3: CREATE A USER

RowPro is designed for multiple users. Each user is provided with their own training plans, rowing log, user profile, and user settings.

Before you row, you need to add yourself to RowPro as a user. To do this, open the Control Center, click the Users button at the bottom, click Add, read and accept the Medical Warning, enter a user name, and click OK and Close.

Each time you start RowPro, the user is set to either the Guest User or the last person who used RowPro, depending on the option selected in RowPro Control Center | System Settings.

Note: RowPro includes a Guest User who can row, but does not have training plans, a rowing log, a user profile or user settings. An unlimited number of users can use the general functions of RowPro by rowing as the Guest User.

If you are the only user, set RowPro to start with the Last User activated - that way you will never need to bother setting the user.

If there will be more than one user, set RowPro to start with the Guest User activated - that way none of the users will accidentally row as another user.

Note: The 20-day free tryout is limited to one user.

STEP 4: VISIT THE COACHING CLINIC

One of the most common questions people ask when they start rowing is "Am I doing this right?" Then they start searching for a technique video.

Good stroke technique looks easy in a video and is important to master, but it takes time and attention to develop properly. That's why RowPro has a state-of-the-art 3D coaching clinic where you can watch the 3D Oarsman perform excellent stroke technique in slow motion, and learn the key parts of the stroke from Olympic rowing coach Brian Hawthorne.

To explore the Coaching Clinic, click Coaching Clinic on the RowPro main menu, then:

- Click the > button on the top left of the Charts frame. The rower will start moving in slow motion. Click the >> button. The rower will row at 24 SPM. Go back to slow motion.
- Click in the 3D Display and drag the mouse. The rower will swivel to follow your mouse. Now you can see the display is true 3D. Look at the rower's action from different angles as you read the coaching tips.
- Click each of the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke.



Brian's easy-to-follow coaching is designed to help beginners quickly understand how to row safely and powerfully, and help more experienced rowers improve all phases of the stroke from drive to finish.

This understanding enables you to accurately identify errors in your own stroke technique without needing a coach to watch you and give feedback. Remember, good stroke technique is the key to maximizing power, minimizing injury and lowering heart rate:

- Each stroke loads your lower back with several times your body weight. Good technique keeps the load manageable.
- 3 x 20 minutes per week adds up to around 75,000 strokes per year. Good technique greatly reduces the risk of repetitive strain injuries.
- Good technique increases stroke power and efficiency, which in turn reduces your heart rate and increases your pace.

STEP 5: ROW YOUR FIRST JUST ROW

RowPro is designed to start ready to row in 'Just Row' mode. This means as soon as you start RowPro with your Concept2 Performance Monitor connected, you can pull the handle to start rowing, and RowPro automatically tracks your rowing without you touching your computer or your Concept2 Performance Monitor at all.

So start rowing, and watch RowPro in action:

In the RowPro 3D Display, the on-screen boat moves along the course, with the bow (front) of the boat matching the distance on your Concept2 Performance Monitor and the on-screen rower (called the Oarsman) matching your stroke timing.

Note: RowPro learns about each stroke once you have finished it. When you change your stroke rate, the Oarsman may take a stroke or two to re-synchronize with you.

While you row, the on-screen Pace Chart tracks your pace, and the numbers displayed on the on-screen 'PM twin' match the numbers on your Concept2 Performance Monitor.

If you are wearing a HR monitor connected to your Concept2 Performance Monitor, then the on-screen HR Chart tracks your heart rate.

When you do a Just Row, you can keep rowing as long as you want. The RowPro course will go on forever. Of course if you're not used to rowing, you need to take care not to overdo it first time out - please consult your Concept2 User Manual for guidance.

When you're ready to finish your Just Row, simply stop rowing. The on-screen Oarsman takes one or two more strokes until it's sure you've stopped, then your boat stops and the Oarsman stops rowing.

For Just Rows, you need to tell RowPro when you're finished rowing. To do this, click the pink Stop Row button on the menu bar above the 3D Display, check the Save Row checkbox, confirm the correct user (i.e. you!) is selected, and click OK to save the result.

RowPro then ends your Just Row and sets up a new Just Row. You can now check the result in your Rowing Log.

STEP 6: CHECK YOUR ROWING LOG

To open your RowPro Rowing Log, click Control Center | Rowing Log. There you'll see your Just Row listed. Every new row you do with RowPro will automatically be added as another line entry in your Rowing Log.

There are many functions available in your Rowing Log, for example viewing Session Reports, comparing and analyzing rows, importing rows from Concept2 LogCards, viewing your rowing history and statistics, uploading results to your Concept2 Online Logbook, and much more.

Many of these functions are accessed by right-clicking an entry in your Rowing Log to bring up the pop-up menu.

There is a separate Rowing Log for each RowPro User (My Log). There are also separate Rowing Logs for Venue Race results (the Race Log) and for downloaded competitor rows (the Competitor Log).

The main parts of the Rowing Log are shown below:

The screenshot shows the 'Control Center' window with a rowing log table. The table has columns: C, Date, Category, Type, Format, Time, Meters, 500m, W UpDn, Cu. Meters, SD, and C2. The row for '25/02/2... Just Flow' is selected. Below the table, it shows 'Rows Selected: 247', 'Total Time: 6:11:40.0', and 'Total Meters: 80,559'. There are buttons for 'LogCard...', 'Import...', 'Manual Entry...', 'Statistics...', 'Reset View', and 'My Log'. At the bottom, there is a 'Users...' button and a 'Current User' dropdown menu showing 'Dana Sculler'.

Annotations on the left side of the screenshot:

- Control Center pages
- Filters
- Personal Rowing Log
- Utilities
- Users

Annotations on the right side of the screenshot:

- SD = Stroke Data
C2 = Sent to C2
- Selected entry
- Basic stats

STEP 7: ROW YOUR FIRST SET PIECE

OK, now that you've rowed with RowPro it's time to row a Set Piece. RowPro is pre-configured with all the standard Concept2 Set Piece rows from 500m to Marathon.

To set up a Set Piece row, click Session Setup in the RowPro main menu. This opens the Session Setup panel where you can set up all rows other than Just Rows.

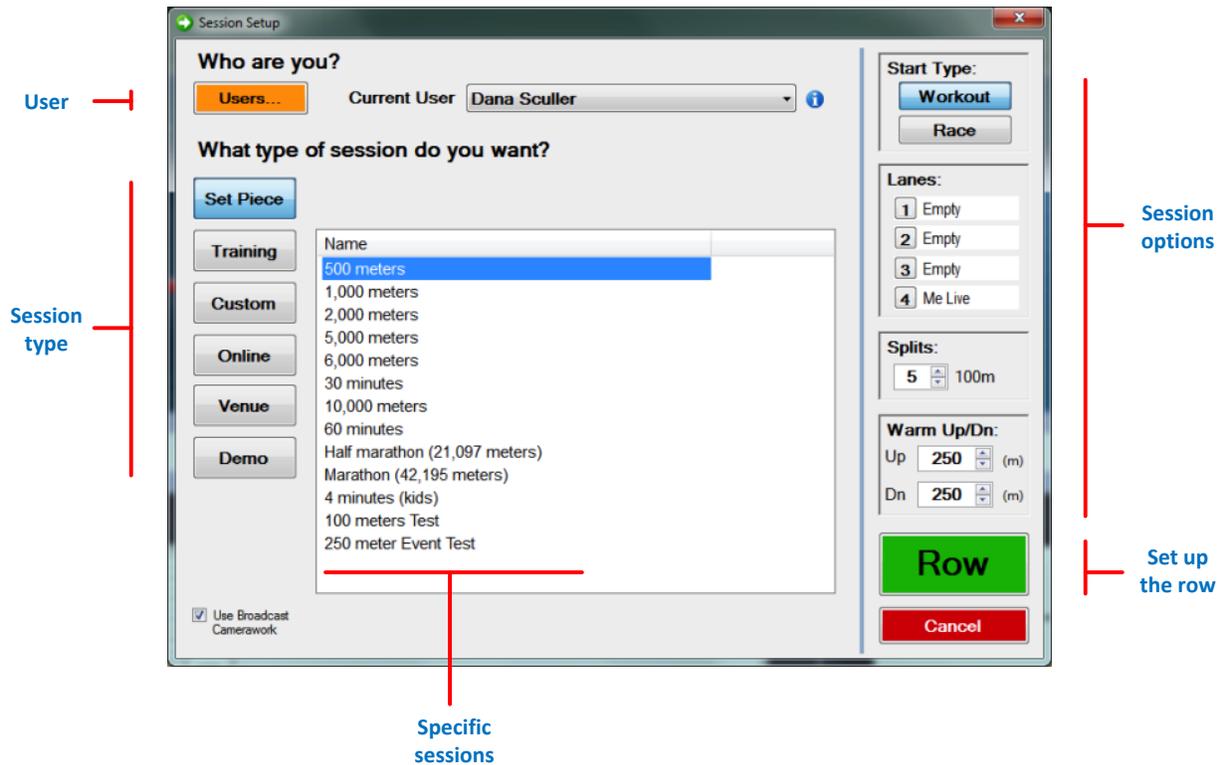
The basic sequence for using Session Setup is:

1. Confirm you are selected as the User (so the result goes into your Rowing Log).
2. Select the type of session you want to row. This could be a Set Piece, Training Session, Custom Row or Online Row. By default Set Piece is selected.
3. Select the specific session you want to row from the list. For this row, leave the default 500m session selected.
4. Choose any session options, for example boats in other lanes, splits, warm up/down, etc. For this row, leave the default 5 splits and 250m warm up/down selected, leave lanes 1-3 empty, and leave the start as Workout.

Note: A Workout start means the session clock starts when you pull the handle. A Race start means RowPro does a race start sequence.

5. Click the big green Row button now to set up the row in RowPro and on your Concept2 Performance Monitor.

The main parts of Session Setup are shown below:



RowPro now sets up the 250m warm-up on the RowPro In-Row Display and on the Concept2 Performance Monitor. When you're ready, pull the handle and row the 250m warm-up. At the end of the warm-up, click OK to go on to the main row.

Note: You can set RowPro to advance to the main row and warm-down automatically in RowPro Control Center | User Settings.

Row the 500m main row, then the 250m warm-down. When you finish the session, make sure the Save Strokes checkbox is checked so the strokes are saved. This will enable you in future to row with it as a past row.

So that's going to be your typical pattern for a RowPro rowing session – set up the row in Session Setup, row the warm-up, the main row and the warm-down, and you're done.

STEP 8: ROW WITH OTHER BOATS

Right, now it's time to bring in other boats. These can be pace boats and/or past rows done by yourself or other people, plus of course you can row online with other people live in real time, but that's for later.

First let's set up a 500m Set Piece using both a pace boat and the 500m Set Piece you already rowed. To do this, follow the steps 1-3 in Step 7 above, then do the following to add in the pace boat and past row:

- **Pace boat:** Click the **2** button in the Lanes section. Click Pace Boat, check the Quick Pace checkbox, enter suitable Pace and SPM settings similar to what you just rowed in the 500m Set Piece, and click Select. You'll see next to the **2** button instead of Empty it now shows QPB and the Pace you set for the pace boat.

Note: When typing in a pace, just type in the digits. So for example to enter a pace of 2:15.4, just type in 2154.

- **Past row:** Click the **3** button in the Lanes section. Click Past Row. Providing you saved strokes when you did the 500m Set Piece, you'll see it listed there. Select it and click Select. You'll see next to the **3** button it now shows PR and the pace.

Now click the big green Row button to set up the row in RowPro and on your Concept2 Performance Monitor.

Again you'll see and row the warm-up first, then when you go on to the main row you'll see the Pace Boat in Lane 2, the Past Row in Lane 3 next to you, and yourself in Lane 4, which is the near lane.

Note: Lane 1 is always the far lane nearest to the shoreline.

While you row the main row, the Pace Boat just goes at its preset pace because it's a Quick Pace Boat. You can also create more complex pace boats that change their pace and/or stroke rate up to 20 times along the way.

The Past Row on the other hand is an exact stroke-by-stroke replay of the original row as you rowed it. So for example if you sprinted the last 10 strokes, then the Past Row will also sprint the last 10 strokes exactly as you did originally.

STEP 9: VIEW A SESSION REPORT

By now you will have three results in your Rowing Log:

1. The Just Row
2. The first 500m Set Piece you rowed alone
3. The second 500m Set Piece you rowed with the Pace Boat and Past Row

Click Control Center | Rowing Log, where you should see all three results listed.

Right-click one of the 500m Set Piece rows and click Details to bring up the Session Report. In the Session Report you'll see 5 splits of 100m and totals.

Note: You can also double-click an entry in your Rowing Log to see a Session Report.

Click Split Chart to see a chart of the 5 splits, then click Stroke Chart to see a chart of the strokes. If you were wearing a HRM you'll also see a trace for your HR on each chart.

STEP 10: UPLOAD YOUR RESULTS TO CONCEPT2

Concept2 provides free Online Logbooks where you can record all your rows. This can be very handy if you want to participate in Concept2 Challenges or register for one of the Million Meter Clubs.

RowPro enables you to select one or more rows in your Rowing Log and export them direct to your Concept2 Online Logbook. This is a great time-saver that eliminates all the double-entry work you'd otherwise have to do.

To use this feature, select one or more rows in your RowPro Rowing Log, right-click and click Export to C2. The first time you will be asked to enter your Concept2 Username, Password and Ranking ID into RowPro, and from then on you can just upload rows one at a time or in batches direct from RowPro.

Note: You can get your login details from your Profile at the Concept2 website, and of course you will need to have a Concept2 Online Logbook.

STEP 11: HAVE A PEEK AT ONLINE ROWING

The one major feature of RowPro still to try is Online Rowing. Now we know many folks hesitate, thinking 'I need to get better before I show myself online'. We have two suggestions for you:

1. You can quietly have a peek at online rowing by just setting up a Quick Row and immediately rowing it by yourself. This gives you a look at what it's all about and enables you to confirm you have all the technology lined up correctly, without anyone else seeing you row.
2. There are literally hundreds of people rowing online, and while some of them are super-fast, others row at a very sedate pace. Mostly, people row time rows online so everyone finishes at the same time, and nobody cares how fast or slow you row, mostly it's just to have the pleasure of other people's company.

Also, just so you know, Online Rowing is free and you can do as much or as little as you want anytime 24/7.

So if you're ready to have a quick peek at Online Rowing, go to the Online Rowing section of this guide and follow the steps there.

2. Working out what rowing you need to do

ROWING TO GET BACK IN SHAPE

If you're rowing to get back in shape, and from there maintain a healthy fitness, you're not alone! Our research shows this is one of the most common drivers that get people rowing.

The typical background is that you were in reasonable shape years or decades ago, but now you're in your forties or fifties and having issues with your weight / fitness / health, so you've invested in a Concept2 Indoor Rower to get back in shape.

Great decision, by the way!

A common theme in this group is that people have had some attempts at kick-starting an exercise regime in recent years, but for various reasons didn't end up sticking with it.

Typically the key reasons the exercise fell away were 1) time pressure and 2) trouble staying motivated.

Note: Time pressure is known to be the key 'make or break' factor in sticking with exercise programs over the long term.

Rowing goals

People in this group typically have the following rowing goals:

1. To get back in shape.
2. To successfully slot the rowing into your busy lifestyle so it gets done.
3. To keep on top of it in future so you stay in shape.

Challenges

People in this group face the following specific challenges with rowing:

- Uncertainty about what rowing to do
- Need to track progress to know it's really working
- Uncertainty about how to row properly
- Need a way to stick with it that really works

Using RowPro to get back in shape

OK, here's how to use RowPro to get back in shape:

1. **Rowing plans** - People know rowing without a plan is basically guesswork and repeatedly rowing the same workout invites boredom. But when you're new to rowing, finding the right mix of workout duration, intensity, frequency and format is not easy, and finding a rowing plan that's right for you can be a real mission.

RowPro provides a lifetime supply of rowing plans that are tailored to you and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you get the best results for the least rowing.

2. **Tracking progress** - Even with a plan, it's not easy to verify week by week if it's really working. Your Concept2 Performance Monitor records the basics, but from there you're on your own, typically with no coach or trainer to help.

RowPro connects direct to your Concept2 Performance Monitor, captures every stroke automatically as you row, saves it in your personal rowing log, and provides reports and analysis to track your rowing and show your progress.

3. **Coaching clinic** - Stroke technique is far more important than most people realize and can make or break your rowing. Incorrect technique can lead to injury and can result in an unfortunate combination of higher effort for lower results.

RowPro has a Coaching Clinic where you can watch stroke technique in slow motion and learn the key parts of the rowing stroke from Olympic Rowing Coach Brian Hawthorne. Once you understand the basics, you can observe the Oarsman while you row and compare and adjust your technique using a mirror.

4. **Motivation** – We all know it's not just training plans and tracking that get you back in shape. You have to stick with it. The \$64,000 question is who's going to win the motivational mind game – you or the rowing machine?

That's where RowPro really comes to the rescue. RowPro is like a magnet that counteracts other pressures on your time by strongly drawing you to rowing via a powerful suite of motivation boosters.

Whether it's 'racing' your past self, the companionship of online rowing, the structure of a rowing plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro gives you just the motivation you need to stick with it until you get back in shape, and beyond.

Action plan to get back in shape

Here's a recommended action plan for rowing with RowPro to get back in shape:

<p>Step 1 Create a rowing plan</p>	<p>RowPro has rowing plans for weight, fitness and competition. If your initial goal is to lose weight, choose a weight plan, otherwise choose a fitness plan.</p> <p>The RowPro Training Plan Wizard will guide you to the right plan and will tailor it for you. To create a plan, go to Control Center Training Plans, click the Use Wizard to Create Training Plan button, and follow the steps in the Wizard.</p>
<p>Step 2 Use the Coaching Clinic</p>	<p>Click Coaching Clinic in the RowPro main menu to open the Coaching Clinic.</p> <p>Click the > button on the top left of the Charts frame. The rower will start moving in slow motion. Click and drag in the 3D Display to swivel the rower.</p> <p>Click each of the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke. Study the rower's action from different angles as you read the coaching tips.</p> <p>Later, when you row your workouts, place a mirror on one side and your RowPro PC on the other side of your rowing machine. Compare and adjust your technique while you row until your technique is good.</p>
<p>Step 3 Find your motivators</p>	<p>RowPro has a full suite of motivation boosters that reflect the surprisingly wide range of things people find motivational. This enables you to select the motivators that fit you exactly, to really help you stick with your rowing.</p> <p>There's a Strategies for staying motivated long-term section later in this guide. Look through that and try the various methods listed there to find the ones that work best for you. Make a point of trying them all – you never know!</p>

Step 4

Track your progress

RowPro has the tools you need for clearly tracking progress, from simply logging rows to sophisticated tracking of variables like pace and heart rate.

There's a Tracking your progress section later in this guide. Look through that and use the various methods listed there to track your progress.

ROWING TO MAINTAIN LIFELONG FITNESS

If you're already reasonably fit and you're now taking up rowing, chances are you're shifting from another form of exercise to ease up on your joints. Our research shows this is one of the common drivers that get people rowing.

The typical background is that you used to keep fit by running, aerobics or some other form of exercise that was hard on your joints, but now you're in your forties or fifties and your knees, ankles or other joints are giving you trouble, so you've invested in a Concept2 Indoor Rower.

Note: You'd be amazed at the number of rowers who were once runners but their knees just can't take the pavement-pounding any more.

This is a smart choice because rowing is a low-impact full-body exercise you can do over your entire lifetime to stay fit and healthy.

The core theme in this group is that rowing is a long-term replacement exercise regime that's primarily about maintaining lifelong fitness. Often there's also a history of competing in events such as marathons because they provide stimulation, competition and goals.

Rowing goals

People in this group typically have the following rowing goals:

1. To successfully replace running or other past activities with indoor rowing.
2. To get the same experience and outcomes from rowing as you did from running.
3. To be able to keep doing it over the long haul, basically the rest of your life.

Challenges

People in this group face the following specific challenges with rowing:

- Uncertainty about what rowing to do
- Need to continue old habits of monitoring distance, heart rate and other metrics
- Uncertainty about how to row properly
- Need to handle the emotional shift from running or other activities to rowing

Using RowPro to maintain lifelong fitness

OK, here's how to use RowPro to maintain lifelong fitness:

1. **Rowing plans** - People know rowing without a plan is basically guesswork and repeatedly rowing the same workout invites boredom. But when you're new to rowing, finding the right mix of workout duration, intensity, frequency and format is not easy, and finding a rowing plan that's right for you can be a real mission.

RowPro provides a lifetime supply of rowing plans that are tailored to you and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you get the best results while not stressing your joints.

2. **Tracking progress** – If you're already reasonably fit, you'll no doubt have long established habits for monitoring distance, heart rate and other metrics.

RowPro connects direct to your Concept2 Performance Monitor, captures every stroke automatically as you row, saves it in your personal rowing log, and provides reports and analysis to track your rowing and show your progress.

3. **Coaching clinic** - Stroke technique is far more important than most people realize and can make or break your rowing. Incorrect technique can lead to injury and can result in an unfortunate combination of higher effort for lower results. It's important not to accidentally replace knee stress with lower back or elbow stress.

RowPro has a Coaching Clinic where you can watch stroke technique in slow motion and learn the key parts of the rowing stroke from Olympic Rowing Coach Brian Hawthorne. Once you understand the basics, you can observe the Oarsman while you row and compare and adjust your technique using a mirror.

4. **Motivation** - You already know how to stick with an exercise regime, but now you need to make a successful emotional transition to rowing. Don't fall into the mind-trap that rowing is boring when there's so much you can do to make it stimulating.

RowPro has a powerful suite of motivation boosters that make indoor rowing as interesting as your previous activity - and in some cases better. Where else can you work out and compete with others all around the planet, live and in real time?

Whether it's 'racing' your past self, the companionship and competition of online rowing, the structure of a rowing plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro gives you just the motivation you need to stick with it for a lifetime of rowing fitness and health.

Action plan to maintain lifelong fitness

Here's a recommended action plan for rowing with RowPro to maintain lifelong fitness:

<p>Step 1 Create a rowing plan</p>	<p>RowPro has rowing plans for weight, fitness and competition. If your goal is to be competitive, choose a competition plan, otherwise choose a fitness plan.</p> <p>The RowPro Training Plan Wizard will guide you to the right plan and will tailor it for you. To create a plan, go to Control Center Training Plans, click the Use Wizard to Create Training Plan button, and follow the steps in the Wizard.</p>
<p>Step 2 Use the Coaching Clinic</p>	<p>Click Coaching Clinic in the RowPro main menu to open the Coaching Clinic.</p> <p>Click the > button on the top left of the Charts frame. The rower will start moving in slow motion. Click and drag in the 3D Display to swivel the rower.</p> <p>Click each of the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke. Study the rower's action from different angles as you read the coaching tips.</p> <p>Later, when you row your workouts, place a mirror on one side and your RowPro PC on the other side of your rowing machine. Compare and adjust your technique while you row until your technique is good.</p>
<p>Step 3 Find your motivators</p>	<p>RowPro has a full suite of motivation boosters that reflect the surprisingly wide range of things people find motivational. This enables you to select the motivators that fit you exactly, to really help you stick with your rowing.</p> <p>There's a Strategies for staying motivated long-term section later in this guide. Look through that and try the various methods listed there to find the ones that work best for you. Make a point of trying them all – you never know!</p>
<p>Step 4 Track your progress</p>	<p>RowPro has the tools you need for clearly tracking progress, from simply logging rows to sophisticated tracking of variables like pace and heart rate.</p> <p>There's a Tracking your progress section later in this guide. Look through that and use the various methods listed there to track your progress.</p>

ROWING TO MANAGE A MEDICAL CONDITION

If you're rowing to manage a medical condition you are not alone. Our research shows this is quite a common driver that gets people rowing.

The typical background is that you have a medical condition such as diabetes, and you need aerobic and/or strength exercise to maintain your health or slow the progression of the medical condition. So you've invested in a Concept2 Indoor Rower because indoor rowing is a whole-body exercise you can do at home and done correctly it can raise your heart rate substantially and build your strength appropriately.

The common theme in this group is that rowing is a medically-driven exercise regime that's primarily about maintaining health.

Rowing goals

People in this group typically have the following rowing goals:

1. To maintain your health through an active exercise regime.
2. To be able to keep doing it over the long haul, basically the rest of your life.

Challenges

People in this group face the following specific challenges with rowing:

- Uncertainty about what rowing to do
- Need to track progress to know it's really working
- Uncertainty about how to row properly
- Need a way to stick with it that really works

Using RowPro to manage a medical condition

OK, here's how to use RowPro to manage a medical condition:

1. **Rowing plans** – Given your medical condition, finding the right mix of workout duration, intensity, frequency and format is not easy, and finding a rowing plan that's right for you can be a real mission. And of course you need your doctor to check and confirm any exercise plan is going to be safe and effective for you.

RowPro provides a lifetime supply of rowing plans that are tailored to you and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you get the best results for the least rowing. You can take a RowPro rowing plan to your doctor to confirm it's safe and effective for you.

2. **Tracking progress** - Even with a plan, it's not easy to verify week by week if it's really working. Your Concept2 Performance Monitor records the basics, but from there you're on your own, typically with no coach or trainer to help.

RowPro connects direct to your Concept2 Performance Monitor, captures every stroke automatically as you row, saves it in your personal rowing log, and provides reports and analysis to track your rowing and show your progress.

3. **Coaching clinic** - Stroke technique is far more important than most people realize and can make or break your rowing. Incorrect technique can lead to injury and can result in an unfortunate combination of higher effort for lower results. It's important to make your rowing contribute to your wellbeing, not put it at risk.

RowPro has a Coaching Clinic where you can watch stroke technique in slow motion and learn the key parts of the rowing stroke from Olympic Rowing Coach Brian Hawthorne. Once you understand the basics, you can observe the Oarsman while you row and compare and adjust your technique using a mirror.

4. **Motivation** – Often a by-product of medical conditions is tiredness or weakness that can make it hard to get on the rowing machine and do the exercise you need.

That's where RowPro really comes to the rescue. RowPro is like a stimulant that boosts your motivation to row.

Whether it's 'racing' your past self, the friendly companionship of online rowing, the structure of a rowing plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro gives you just the motivation you need to get on with it.

Action plan to manage a medical condition

Here's a recommended action plan for rowing with RowPro to manage a medical condition:

<p>Step 1 Create a rowing plan</p>	<p>RowPro has rowing plans for weight, fitness and competition. If your initial goal is to lose weight, choose a weight plan, otherwise choose a fitness plan.</p> <p>The RowPro Training Plan Wizard will guide you to the right plan and will tailor it for you. To create a plan, go to Control Center Training Plans, click the Use Wizard to Create Training Plan button, and follow the steps in the Wizard.</p>
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ROWING TO MAINTAIN OFF-SEASON FITNESS

This of course is the perfect use of a Concept2 Indoor Rower, because that's the reason it was invented in the first place – to help on-water rowers maintain their form over winter while the rivers and lakes were frozen.

The typical background is that you are a fit person who does some other form of sport or exercise in the warmer months when you can be outdoors, and you need to maintain your fitness levels and stay in reasonable shape over winter. So you've invested in a Concept2 Indoor Rower because rowing is a full-body exercise you can do indoors at home.

The core theme in this group is that rowing is a seasonal replacement exercise regime that's primarily about maintaining fitness. Often there's also a history of competing in events such as marathons because they provide stimulation, competition and goals.

Rowing goals

1. People in this group typically have the following rowing goals:
2. To successfully stay fit over winter.

Challenges

People in this group face the following specific challenges with rowing:

- Uncertainty about what rowing to do
- Need to track progress to know it's really working
- Uncertainty about how to row properly
- Need a way to stick with it that really works

Using RowPro to maintain off-season fitness

OK, here's how to use RowPro to maintain off-season fitness:

1. **Rowing plans** - People know rowing without a plan is basically guesswork and repeatedly rowing the same workout invites boredom. But when you're new to rowing, finding the right mix of workout duration, intensity, frequency and format is not easy, and finding a rowing plan that's right for you can be a real mission.

RowPro provides a lifetime supply of rowing plans that are tailored to you and efficiently cycle your body through the correct mix of strength, endurance and speed workouts so you get the best results from your off-season maintenance.

2. **Tracking progress** - If you're already reasonably fit, you'll no doubt have long established habits for monitoring distance, heart rate and other metrics.

RowPro connects direct to your Concept2 Performance Monitor, captures every stroke automatically as you row, saves it in your personal rowing log, and provides reports and analysis to track your rowing and show your status.

3. **Coaching clinic** - Stroke technique is far more important than most people realize and can make or break your rowing. Incorrect technique can lead to injury and can result in an unfortunate combination of higher effort for lower results. It's important not to accidentally injure your lower back or elbow in the off-season.

RowPro has a Coaching Clinic where you can watch stroke technique in slow motion and learn the key parts of the rowing stroke from Olympic Rowing Coach Brian Hawthorne. Once you understand the basics, you can observe the Oarsman while you row and compare and adjust your technique using a mirror.

4. **Motivation** - You already know how to stick with an exercise regime, but now you need to make a successful emotional transition to rowing. Don't fall into the mind-trap that rowing is boring when there's so much you can do to make it stimulating.

RowPro has a powerful suite of motivation boosters that make indoor rowing as interesting as your previous activity - and in some cases better. Where else can you work out and compete with others all around the planet, live and in real time?

Whether it's 'racing' your past self, the companionship and competition of online rowing, the structure of a rowing plan, or the mental lift you get from the sparkling 3D on-water scene, RowPro gives you just the motivation you need to stick with it for the off-season.

Action plan to maintain off-season fitness

Here's a recommended action plan for rowing with RowPro to maintain off-season fitness:

<p>Step 1 Create a rowing plan</p>	<p>RowPro has rowing plans for weight, fitness and competition. If your goal is to be competitive, choose a competition plan, otherwise choose a fitness plan.</p> <p>The RowPro Training Plan Wizard will guide you to the right plan and will tailor it for you. To create a plan, go to Control Center Training Plans, click the Use Wizard to Create Training Plan button, and follow the steps in the Wizard.</p>
<p>Step 2 Use the Coaching Clinic</p>	<p>Click Coaching Clinic in the RowPro main menu to open the Coaching Clinic.</p> <p>Click the > button on the top left of the Charts frame. The rower will start moving in slow motion. Click and drag in the 3D Display to swivel the rower.</p> <p>Click each of the buttons next to the coaching tips to learn about stroke technique in the different parts of the stroke. Study the rower's action from different angles as you read the coaching tips.</p> <p>Later, when you row your workouts, place a mirror on one side and your RowPro PC on the other side of your rowing machine. Compare and adjust your technique while you row until your technique is good.</p>
<p>Step 3 Find your motivators</p>	<p>RowPro has a full suite of motivation boosters that reflect the surprisingly wide range of things people find motivational. This enables you to select the motivators that fit you exactly, to really help you stick with your rowing.</p> <p>There's a Strategies for staying motivated long-term section later in this guide. Try the various methods listed there to find the ones that work best for you. Make a point of trying them all – you never know!</p>
<p>Step 4 Track your progress</p>	<p>RowPro has the tools you need for clearly tracking progress, from simply logging rows to sophisticated tracking of variables like pace and heart rate.</p> <p>There's a Tracking your progress section later in this guide. Look through that and use the various methods listed there to track your progress.</p>

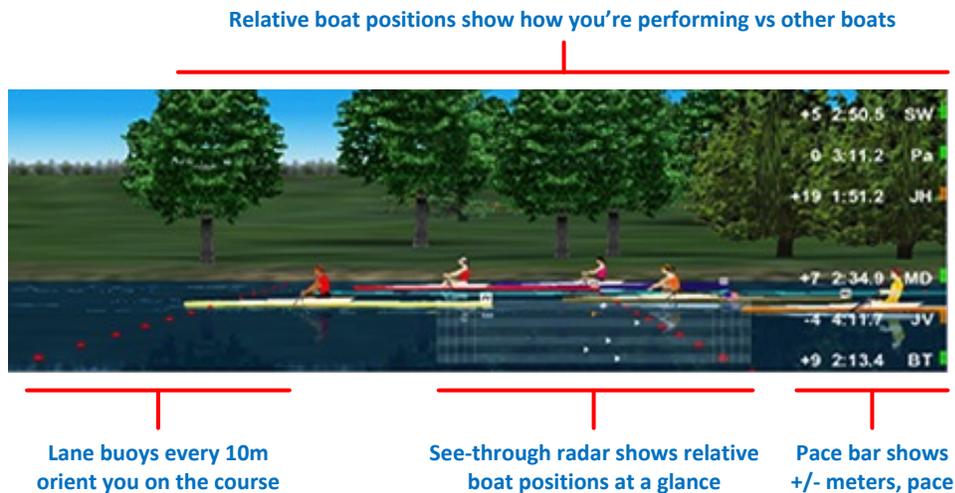
3. Tracking your progress

TRACKING YOUR PERFORMANCE WHILE YOU ROW

The RowPro In-Row Display is a goldmine of information that helps you understand your performance while you row:

Performance relative to other boats

The first and most obvious feedback is your performance relative to pace boats, past rows and other people you're rowing with online, as shown below:



Stroke technique

You also get feedback about good stroke technique. With every stroke you take the Oarsman executes the stroke with excellent technique, enabling you to check, compare and adjust your own stroke using a strategically placed mirror.

Charts, indicators and target zones

Your performance in terms of Pace, Stroke Rate and Heart Rate is shown in the lower part of the In-Row Display, together with bands to show if you're in your target zones.

Pace chart shows your pace since you started vs your target zone

HR chart shows your HR since you started vs your target zone

SPM indicator shows your SPM vs your target zone



REVIEWING YOUR PERFORMANCE AFTER A ROW

When your row is done, you can review your performance in summary via the entry line in your RowPro Rowing Log, or in detail via the Session Report.

The image below shows the Session Report for a 4x2000r750 Slow Pressure interval row:

RowPro Session Report		Slow Pressure Session						
		Rowed by Peter Loeffen on 17 October 2010						
Interval	Time	Meters	Avg Pace	Avg DPS	Avg Watts	Cals	Avg SPM	End HR
1	8:47.6	2,000	2:11.9	12.0	152.5	121	19	130
2	8:46.9	2,000	2:11.7	12.0	153.1	121	19	138
3	8:47.2	2,000	2:11.8	12.0	152.9	121	19	146
4	8:47.0	2,000	2:11.8	12.0	153.0	121	19	152
Sum Active	35:08.7	8,000	2:11.8	12.0	152.9	484	19	152
Sum Rest	26:21.6	6,000	2:11.8		152.9	362	26	151
Totals	1:01:30.3	14,000	2:11.8		152.9	846	22	151
Sum Warm Up/Dn	7:15.3	1,250				67		
Overall	1:08:45.6	15,250				913		

TRACKING YOUR ROWING STATS

Once you have a number of rows in your Rowing Log you can start to use the rowing stats functions built into the Rowing Log.

To find and select the rows you want included in the stats, you can:

Set Filters to select only rows of a certain Time, Distance etc.

Right-click a row and click Select Similar to quickly select all other rows with similar Duration, Type and/or Format.

Once that's done you can see basic stats for the selected rows at the bottom of the rowing log, as shown in the image below:

17/09/20...	Training	E	6000	26:16.7	6,000	2:11.4	500/500	SD	C2
5/10/2010	Training	E	6000	25:44.4	6,000	2:08.7	500/500	SD	C2

Rows Selected: 105 Total Time: 44:18:42.0 Total Meters: 630,000

LogCard... Import... Manual Entry... Statistics... Reset View My Log

Annual summary stats

When you've been rowing with RowPro for a number of years (and many people have), you can view an annual summary of your rowing statistics as shown in the image below, and a chart showing your monthly rowing volumes.

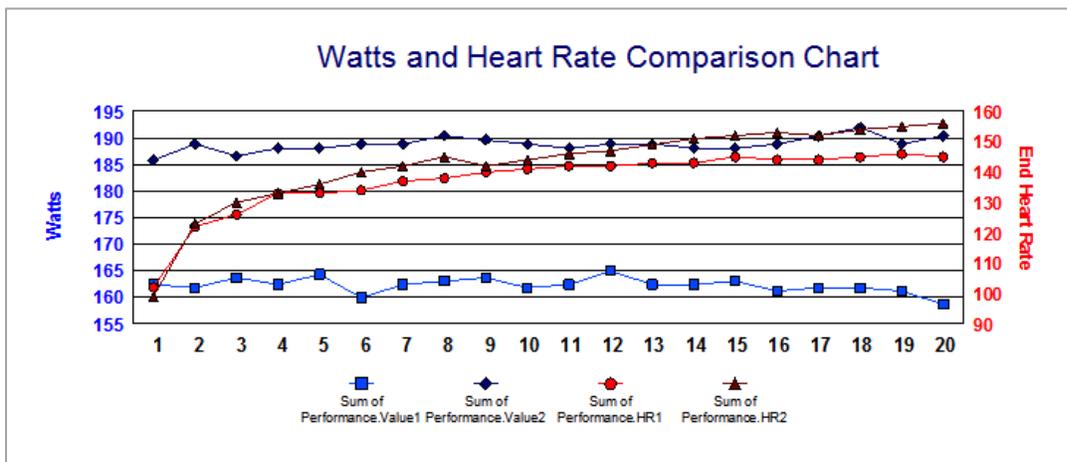
RowPro Annual Log

Time	Time	Meters	Avg Pace	Cals	Warm Up/Dn
Year Ended: 31 Dec 2003	54:06:27.5	744,026.00	2:10.9	44,519.00	44997/46525
Year Ended: 31 Dec 2004	58:07:50.6	824,536.00	2:06.4	51,027.00	80209/74536
Year Ended: 31 Dec 2005	40:00:28.6	555,826.00	2:09.3	34,211.00	40033/45806
Year Ended: 31 Dec 2006	59:24:23.7	847,137.00	2:06.1	52,650.00	58850/60370
Year Ended: 31 Dec 2007	51:24:26.4	727,459.00	2:07.7	44,954.00	41551/40590
Year Ended: 31 Dec 2008	38:00:54.2	533,678.00	2:08.0	32,154.00	36934/33275
Year Ended: 31 Dec 2009	22:19:18.3	309,683.00	2:15.8	19,247.00	19500/20000
Year Ended: 31 Dec 2010	20:24:40.5	275,280.00	2:08.6	16,597.00	18436/18350

ANALYZING YOUR PROGRESS

Over time you will of course want to check your progress – how does the row I just did compare with a previous similar row?

It's easy – just select two similar rows you want to compare, then right-click and click Analyze to get an analysis report similar to the one shown below, which compares two 6000m Easy rows done 3 months apart:



You can see there are many mechanisms in RowPro for tracking your performance and progress, and you'll find you often use them to get that vital feedback about how you're doing and whether you're making the progress you want.

4. Rowing online

THE MAGIC OF ONLINE ROWING

RowPro has a unique and very popular 3D Online Rowing system that enables you to row online with other people all round the world in real time. Online Rowing is fun, addictive, and a great way to keep yourself rowing over the long term.

Online Rowing is a huge success with over 100% growth year on year and over 120,000 boats now past the finish line. Have you rowed online yet? If not, now's the time to give it a go. Some quick facts:

- Online Rowing is free to all RowPro users.
- Any Internet connection will do including wireless, dial-up and satellite.
- There are organized sessions for beginners to help you get started.
- There's an online hostess Pam to answer questions and help you get started.
- Any pace is great, from gentle to sizzling, you choose.
- There are many scheduled rows every day that anyone can join.
- Online rowers are a great bunch of friendly people all around the world.

Here's a tour of RowPro Online Rowing that will take you through the main points:

CONNECTING ROWPRO TO THE OARBITS SERVER

With your RowPro computer connected to the Internet, open the RowPro Control Center and click Oarbits to connect RowPro to the Oarbits server at Digital Rowing.

Tech Tip: If RowPro doesn't connect to Oarbits, see the [Troubleshooting Internet Connection help topic](#) at www.digitalrowing.com/help

REGISTERING FOR ONLINE ROWING

The first time you connect to Oarbits, you see a registration page. Enter the same email and password you used when you purchased or activated RowPro, and for the computer name just make one up.

Note: The computer name needs to be unique. It's not seen anywhere; it's just a technical requirement.

UNDERSTANDING OARBITS AND OARBITS ONLINE

After you register in Oarbits, you will see the Session List. This shows all Scheduled Rows and Quick Rows currently available.

Later you will join or create these sessions in Oarbits. For now, just click Session Results to see the results of recent completed Online Rowing sessions.

Have a look around the rest of Oarbits to familiarize yourself with it, and when you're done, close the Control Center to leave Oarbits.

The main parts of Oarbits are shown below. The view shows the Oarbits Session List page. The Result List page looks similar.

The screenshot shows the Oarbits Control Center window. On the left, there are navigation buttons: Overview, Session List (highlighted), Session Studio, Result List, Send Message, and User Guide. Below these are buttons for Utilities (User Guide) and Users (Users...). The main area contains a table of sessions. A red bracket on the right side of the table groups the rows into 'SR = Scheduled Row' and 'Online sessions'. At the bottom, a red bracket points to the '04:38 GMT' display, labeled 'Current GMT time'.

Name	Duration	Type	Start time (GMT)	Reg
<input type="checkbox"/> Easy_30min	30:00	SR	Sat Jan 01, 07:00	1
<input type="checkbox"/> 10k_MMV	10,000m	SR	Sat Jan 01, 09:00	1
<input type="checkbox"/> New_Year_FM	42,195m	SR	Sat Jan 01, 09:00	4
<input type="checkbox"/> 10k_MMV	10,000m	SR	Sat Jan 01, 10:00	1
<input type="checkbox"/> 10k_MMV	10,000m	SR	Sat Jan 01, 11:00	1
<input type="checkbox"/> 5k_to_get_rid_of_toxins_1	5,000m	SR	Sat Jan 01, 11:00	1
<input type="checkbox"/> 5k_for_the_new_year_2	5,000m	SR	Sat Jan 01, 11:25	1
<input type="checkbox"/> 2x5k_cool_down_2k	2,000m	SR	Sat Jan 01, 11:50	1
<input type="checkbox"/> JVC_HAS_STARTED	0m	SR	Sat Jan 01, 12:00	1
<input type="checkbox"/> New_Years_Day_Paddle	20:00	SR	Sat Jan 01, 14:00	7
<input type="checkbox"/> California_Row	30:00	SR	Sat Jan 01, 17:00	1
<input type="checkbox"/> 4_x_1k_intervals	1,000m	SR	Sat Jan 01, 17:00	2
<input type="checkbox"/> Easy_Beginners_Row	30:00	SR	Sat Jan 01, 18:30	1
<input type="checkbox"/> 2_x_12_mins_1st_of_2	12:00	SR	Sat Jan 01, 20:00	1

Note: The computer name needs to be unique. It's not seen anywhere; it's just a technical requirement.

CONNECTING ROWPRO TO THE ONLINE ROWING SERVER

Next click Session Setup | Online. This connects RowPro to the Online Rowing Server at Digital Rowing. This is a special real-time connection reserved by Digital Rowing for the actual rowing in Online Rowing.

Note: Nobody online can see you're in Oarbits, so take your time and have a good look.

WORKING WITH GMT

After RowPro connects to the Online Rowing Server, the session list shows any Quick Rows you can join, plus any Scheduled Rows you have created or joined in Oarbits.

Notice there is a GMT clock showing the current GMT time. All RowPro Online Rowing sessions are scheduled in GMT, so you'll need to get used to working in GMT. It takes a little getting used to, but you'll quickly get used to working out GMT vs. your local time.

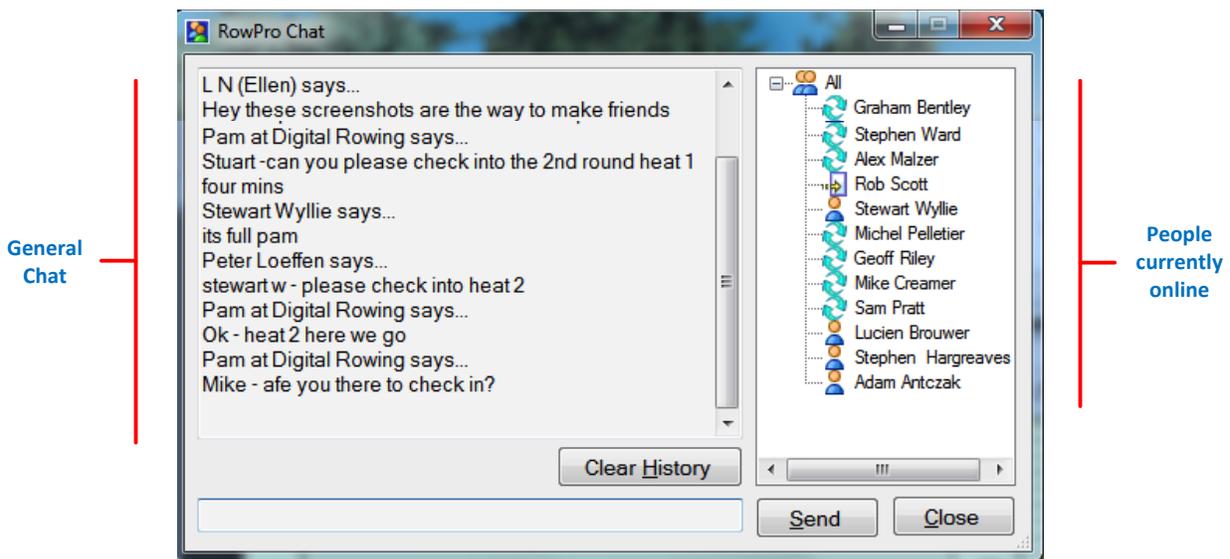
Note: There may not be any Quick or Scheduled Rows at the exact time you look, so the list is likely to be empty.

USING CHAT

At the bottom of Session Setup, click Chat to open the Chat window.

Look in the panel on the right to see if there are any names listed there. Any people listed there are currently connected to the Online Rowing Server. If you'd like to try Online Rowing with one of them, type something like "Hi. I'm new to Online Rowing. Anyone want to help me do my first ever online row?" If anyone replies, they can help you from there. Otherwise you can set up a solo Quick Row yourself just to try it out.

The Chat window (sometimes referred to by users as 'General Chat') is shown below:



Note: People online can see your name in the Chat list, and all the people in Chat can see each other typing in Chat.

SETTING UP A SOLO QUICK ROW

Close Chat to get it out of the way. Click the Create Quick Row button at the bottom of Session Setup.

Type in a session name like Solo Quick Row, set the Duration to say 100m and click the big green Row button. This will take you to the Check-in and Start screen. You'll see yourself listed there, probably alone unless someone else has checked into the session.

The Check-in window is shown below:

GMT now

The screenshot shows the 'Check-In and Start' window. At the top, it says '20:35 GMT'. On the left, under 'Lanes and Status', there is a list of 16 lanes with participant names and their status (e.g., 'S' for starter, 'Not ready!', 'Ready'). On the right, there is a 'You are the Starter!' message and a 'Session Chat' window. At the bottom, there are buttons for 'Withdraw', 'Not ready!', 'Ready', and 'Prepare to Start', along with a timer and start time.

Who's in each lane and their status

Starter info

Session Chat

Info

Withdraw

Tell the Starter you're Not Ready or Ready

Starting

Start delay

Note: Session Chat can be seen by all people in that online rowing session, but not by anyone else online.

STARTING

You'll see the icon next to your name shows flashing red lights, meaning you're not ready. Click Ready and the red lights will disappear to show you're now ready to row online.

Strap yourself in, get ready to row, and click Prepare to Start. You'll see the 100m Quick Row is now showing on your Concept2 Performance Monitor, and the orange Prepare to Start button in Check-in is replaced by a green Start button.

Rowing online

Pick up the handle and click Start. Watch your Concept2 Performance Monitor screen. You'll see over a few seconds it goes through a sequence Sit Ready - Attention - Row! Start rowing when it says Row!

While you row, notice your boat moving and your pace showing on the Pace Bar at the right of the display. When there are others rowing online you'll see their boats and Pace Bar entries as well.

CHECKING RESULTS

When the session is over, click OK to close the pop-up box and RowPro will reset and set up a new Just Row.

Open Control Center | Rowing Log and you'll see your Online Rowing session result has been saved automatically in your Rowing Log.

Click Oarbits, then click Session Results and you'll see your result listed there. Everyone who visits the Oarbits | Results page or Oarbits Online can see that result.

If you click the result you will see the result details for each participant - if you rowed alone then it will show only you.

FINDING OTHERS ONLINE

There is a dedicated Online Rowers Forum at www.digitalrowing.com. Feel free to post there and to see what others are up to in the world of Online Rowing.

On the forum you'll find other RowPro users of 'all makes and models' who are keen to exchange ideas, help each other, and just chat as friends. If you've never posted on a forum before, just look around till you get the idea, then try it yourself, either by replying to a post by someone else, or by starting your own.

Note: There's also a very active forum at Concept2 UK for RowPro folks at www.concept2.co.uk/forum

You'll soon see it's really easy, and you'll be welcomed by your fellow RowPro users, many of whom will cheerfully and enthusiastically help you get going. So give it a go!

COMMON QUESTIONS ABOUT ONLINE ROWING

What is Online Rowing?

Online rowing is connecting your RowPro PC to the Internet and rowing with other people anywhere in the world live and in real time.

The sessions are very similar to offline RowPro sessions but there are some extras:

There's an online rowing club named Oarbits where you create and join Scheduled Rows, view results and contact others.

When you click Row in Session Setup | Online you go through to a Check-in area where others gather and you can text chat with each other and warm up until the starter starts the online row.

When you row there are other boats beside you in the other lanes. Each boat represents someone else in the session. When each person takes a stroke, their 'avatars' in the boats beside you also take a stroke, so their position and actions match in real time.

When you finish an online row, a finish panel pops up showing the results and enabling you to chat again with others in that row.

Is there someone online who can help me get started?

Yes. Look out for Pam at Digital Rowing in RowPro Chat, or email Pam at PamL@digitalrowing.com.

Pam helps people get started and hosts a number of online sessions including GenFit and Beginner sessions. Pam rows online most days and is there to help you.

The other folks online can also help and most are very happy to do so and very knowledgeable about Online Rowing.

Are there organised activities I can join?

There are several organized activities you can join, including:

- General fitness, friends and family, gentle and beginner sessions organized by Pam.
- Handicap racing series organized by Ernie.
- Online training series organized by Chad.
- Race Night Series organized by Concept2 UK.
- There's more information about organized sessions in the Activities section of Oarbits Online at www.digitalrowing.com/Oarbits.

How fast do the folks online row?

People row online at whatever pace suits them.

In a typical 30 minute GenFit session for example with 16 people rowing, there will be a few 'fast boys' out the front at 1:52 or so, then a bunch at 2:00 to 2:05, then more at 2:10, then some around 2:30 to 2:40.

In a typical 10 or 20 minute Gentle session the pace will range from 2:45 to 3:15 depending who's in it.

In a typical 6k Handicap Race the paces range from 1:50 to 2:15 but with the handicapping the finishes are very close regardless of the paces.

There are plenty more examples. The main points to note are:

- There are always sessions and people rowing at your pace and you can also create your own sessions and invite others to join.
- Most sessions have a range of paces and people tend to row along with others near their own pace.
- In time sessions, everyone finishes at the same time regardless of their pace.
- Most sessions are not races, they are people enjoying rowing together online.

How will I fit Online Rowing into the other rowing I'm doing?

If you're just rowing a set pattern of pieces each week, you can either join online rows already scheduled that are near what you want, or you can create online rows yourself that others can join.

If you're doing a training program with specific workouts, for example intervals, you can do these by joining or creating an online row of similar duration and then rowing the pattern you were planning to row within that workout.

So for example if you were to do two intervals of 500m with 750m rests and a total of 6k, you can row this pattern by changing your pace and stroke rate at 500, 1250, 1750 and 2250m to fit your planned intervals.

Also most training plans have a number of filler rows where for example you just row 6k Easy. You can row some or all of these online with others just by setting up a suitable Scheduled Row in Oarbits.

You may not be able to do all your training online this way, but you should be able to do quite a large part. This helps break up your training and gives you the boost of rowing with others while you train.

How long before a Scheduled Row starts do I need to register and check in?

For the more popular sessions like GenFit you might want to register a day or more before the start to make sure you have a place in it. The maximum number of boats in any online row is 16.

For special events like someone's birthday row, people typically join as soon as they see it listed in Oarbits, maybe days or weeks away.

Having said that, you're welcome to join any Scheduled Row that still has lanes available, up to the last minute before it starts.

It's a good idea to check in at least 10 minutes before the start time of a Scheduled Row. This gives you time to get oriented, do a bit of a warm-up, and chat with the others there.

As a general rule, the starter should start the row no later than 5 minutes after the scheduled start time rather than continuing to wait for someone who has not checked in.

5. Strategies for long-term success

STRATEGIES FOR STAYING MOTIVATED LONG-TERM

RowPro has a full suite of motivation boosters that reflect the surprisingly wide range of things people find motivational. This enables you to select the motivators that fit you exactly and really help you stick with their rowing.

- Just being able to track progress gives you a tangible feeling of accomplishment that motivates you to continue.
- People find ‘soft competition’ very motivating. Top of the list is the ability to ‘race’ your past self. Also on this list is rowing vs. pace boats and people’s downloaded Rowfiles. Rounding out this list is rowing with other people live online, where they’re not officially racing but they can’t help but get caught up in mini-competitions with adjacent rowers or online rowing buddies.
- If your problem is feeling bored while you row, just the 3D on-water scene on the RowPro display is tremendously motivating, mentally lifting you out of your indoor environment and onto the sparkling virtual river. In most people’s minds, boats and water beat machines and rooms hands down.
- If you find rowing alone at home a bit lonely, online rowing is just the tonic you need. The company, community, companionship and interaction via chat, forums and email with other rowers online is a proven major motivator.
- If you regularly suffer the ‘will I row today’ inertia, the ‘commitment’ of having signed up to row a scheduled session online with others is the catalyst that gets you on the machine.
- Also, the ‘commitment’ of having a scheduled training plan session due that day is the catalyst that gets you on the machine. It provides the critical mind-shift from ‘will I row today’ to ‘what am I due to row today’.

Everyone is different, and no doubt some of these motivators will resonate with you more than others.

It’s important to at least try all of them, so you can find out and maybe surprise yourself with what works best for you.

Remember, the one word that comes up with the feedback from almost every RowPro user is ‘motivation’. For most people, RowPro is the motivation to row.

STRATEGIES FOR AVOIDING INJURY

To keep rowing over the long term it's essential that you don't injure yourself, particularly from the rowing stroke action that you'll repeat many times over a lifetime.

Note: If you row a 20 minute workout 3 times a week, over a year you'll row around 750,000 meters.

At an average of 10 meters per stroke, that's 75,000 strokes per year and a whopping one million strokes over 13 years

The key strategies for avoiding injury are:

- **Warm-ups and warm-downs** – Yes, you already know this, but don't let knowing it replace doing it. Warm up and warm down before and after every row.
- **Good technique** – Physiotherapists know your lower back can be loaded with up to 7 times your body weight when you row, and the common problem of 'shooting your slide' is a significant contributor to that load. Also, if your elbows aren't completely straight during the part of the drive when your big leg muscles are working hardest, then over time you risk overloading your elbow. So take the time to study proper technique in the Coaching Clinic, and keep working at it.

6. Getting help

RowPro Help

Your first port of call for help is the built-in RowPro Help. To launch it click Help on the RowPro main menu, or press the F1 button for context-sensitive help on major forms.

RowPro Help Online

The entire RowPro Help is available online at www.digitalrowing.com/help.

Troubleshooting

RowPro Help and RowPro Help online have a complete Troubleshooting section that covers all the common problems you may encounter and how to resolve them.

Information and assistance

For free and friendly personal assistance, email assist@digitalrowing.com.

This is also available to tryout users.