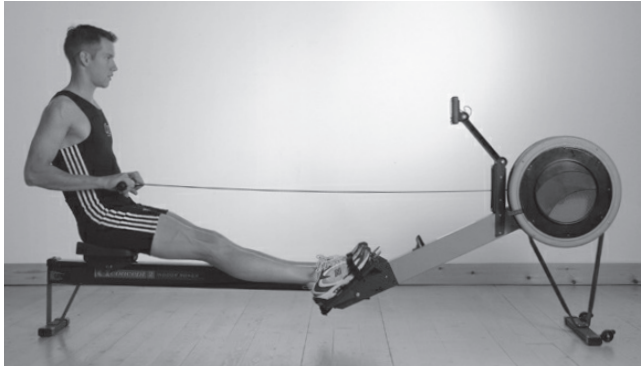


## Section 2 : Technique on the Indoor Rower

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### Section 2



#### **THE FINISH**

Lean back slightly, legs flat, handle drawn to the body.

Forearms horizontal.



#### **Arms extend, body rocks forward.**

The arms are relaxed and extended fully.

The body rocks forward from the hips.



#### **The Slide**

AFTER the arms have fully extended and the body rocked forward, slide forward maintaining arm and body position.



#### **THE DRIVE**

##### **Full Slide - The Beginning**

Shins vertical with body pressed up to the legs.

The arms are straight and relaxed.

The position should feel comfortable.

# Technique on the Indoor Rower : Section 2

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## Section 2



### **The Start of the Drive**

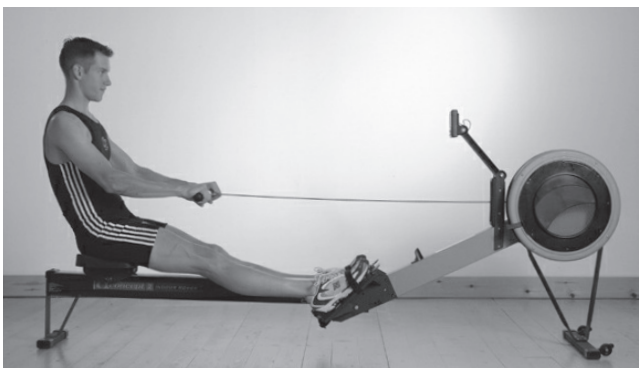
The legs push down and the body begins to lever back.



### **The Drive continued**

The legs continue to push as the body levers back.

The arms remain straight.

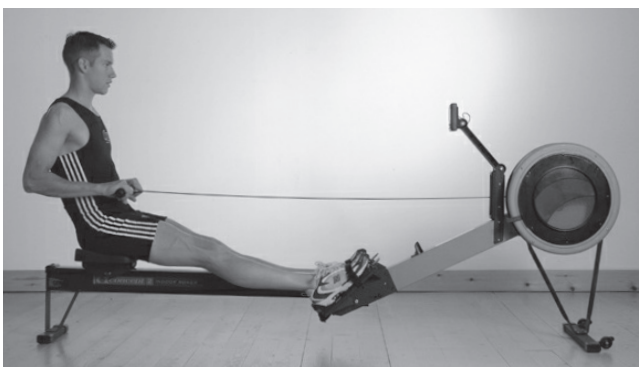


### **The body stops levering back**

The arms draw the handle past the knees and then strongly to the body, returning to the Finish position.

Legs flat.

Forearms horizontal.



### **THE FINISH**

Lean back slightly, legs flat, handle drawn to the body.

Forearms horizontal.

You are ready to take the next stroke.