



Biofeedback	The information displayed on the monitor relative to your efforts in terms of work output, heart rate, and strokes per minute.
Catch	The position of the body when the hands and seat are closest to the wheel. (In on-water rowing, the oar enters the water at this position and you begin to pull.)
Cooldown	A period of moderate to easy rowing after a workout which allows the body to recover.
Damper Setting	The numbers on the right side of the flywheel, which represent the amount of air flowing to the flywheel. The higher the number, the more air. A higher setting makes the Indoor Rower feel like a heavy, slow rowboat; a lower number makes the Rower feel like a sleek, fast racing shell.
Drive	The work portion of the stroke when you are pushing with your legs and pulling with your back and arms.
Ergometer	A device that measures work.
Finish	The position of the body when the seat is at the back end of the monorail and the handle is close to the body, having just completed the drive: (In on-water rowing, you take your oar out of the water at this position.)
Flexfoot	The part of the Indoor Rower that supports your feet.
Forward Body Angle	The forward position of the upper body during the recovery and at the beginning of the drive.
Heart Rate	The rate at which your heart is beating measured in beats per minute; an indication of your cardiac response to exercise. If the Indoor Rower is equipped with a heart receiver and the user is wearing a transmitting belt, heart rate will be displayed in the lower right corner of the Performance Monitor:
Hypercompression	Excessive leg compression (hyperflexion of the knee) before the catch; this occurs if the rower allows the seat to come too close to the heels (within 6 inches).
Interval	A work segment, measured in either time or distance, usually followed by a rest period. Interval workouts put a series of work segments together, separated by a specified period of rest.
Layback	The position of the upper body at the finish of the stroke. The upper body should lean slightly backward; up to 10 degrees back from the vertical.
Leg Drive	The action of the legs at the beginning and during the drive.
Load	The amount of resisting force the rower feels during the drive.
Meters	The units used to measure how "far" you have rowed. This "distance" is calculated and displayed by the monitor and is the result of how much power you produce. The monitor equates your power with the amount of power required to move a boat through water.

Monorail	The rail upon which the seat slides.
Pace	A measure of the effort put into each stroke. The Performance Monitor displays pace in terms of how long it takes to row 500 meters. The smaller your pace number, the less time it is taking you to row 500 meters, and thus, the faster you are going.
Paddling	Rowing very easily with low stroke rate and low intensity; a restful pace.
Piece	The term used to describe a work segment on the Rower. A 500-meter piece means a work segment of 500 meters. Pieces may be defined in either time or distance.
Race Pace	The effort you could maintain for an entire race distance. NOTE: Your race pace for 500 meters will be quite different from your race pace for 2,000 meters.
Ratio	The ratio between the time spent on the drive part of the stroke and the time spent on the recovery. Ideally, you should spend more time on the recovery than on the drive.
Recovery	The non-drive part of the stroke, when you are moving the handle and then the body from the finish back to the catch position.
Rest	A period of paddling before or after a work piece.
Segmented Rowing	Dividing a piece into distance or time segments while rowing the entire piece (i.e., a 5,000-meter piece might be divided up into five 1,000-meter segments at different stroke rates).
Sequence	The order of involvement of the body parts during the drive and the recovery (legs; back, and arms on the drive; arms, back, and legs on the recovery).
Split	The work output measured at set distance or time segments during a work piece.
SPM	Strokes per minute. The number of drives per minute.
Swing	The action of the upper body as it pivots at the hips during the drive, swinging from a forward body angle through perpendicular to the layback position.
Warmup	A period of initially easy but increasingly intense rowing, used to increase the temperature of the body and stimulate cardiovascular activity.
Work	The term used to describe the portion of a workout when the rowing is intense.
Work Output	Your effort during the stroke, displayed in the center box of the Performance Monitor, in your choice of units: time/500m, watts, or calories.