

Technical Faults and Solutions

Correct technique is essential for efficient rowing and to reduce the risk of injury. Here are some of the most common errors, with the reasons they are inefficient, and solutions to help you prevent or correct any problems.

Fault

Correction

Rowing with Bent Arms

When the arm supports a load in one position the muscle remains contracted. Contraction expels blood from the muscles reducing the oxygen supply, increasing lactic acid build up and hastening fatigue.



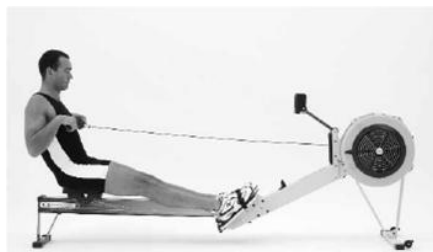
The rower starts the drive by pulling with the arms rather than pushing with the legs



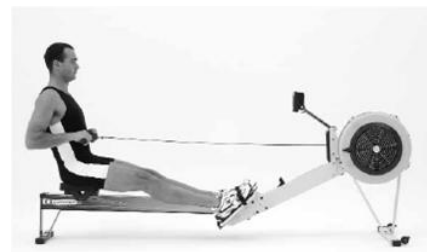
The Drive should start by pushing the legs and bracing the back with the arms fully extended and relaxed. The arms connect the legs and the back onto the handle.

Rowing with Bent Wrists

Work can be carried out more efficiently and the risk of injury reduced when the load passes through the centre of the joints.



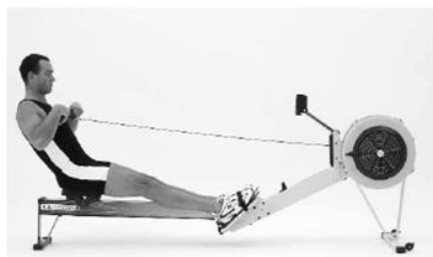
Finishing with bent wrists.



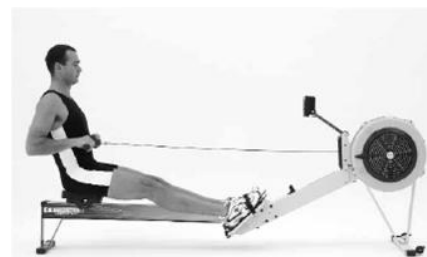
Always row with FLAT wrists. Check the hands at each stage of the Drive.

Pulling up too High and Leaning Back too Much

Leaning back too far requires a great deal of energy to swing the body back through the upright position. The energy costs are greater than any gains through rowing a longer stroke.



At the finish of the stroke, the rower pulls the handle up too high and leans back too far.



Draw the handle into the body. The wrists should be flat with the elbows drawn past the body, forearms horizontal.

Fault

Correction

Slide Shooting

The legs are the most powerful muscles in the body and are used to start the acceleration of the flywheel, which represents the greatest load. Any movement of the seat should result in a corresponding movement of the handle or the legs are not being used to the greatest effect.



The legs push away too early, the back is not braced and so the power is not transferred onto the handle.



The legs begin the drive and the body moves back with straight arms transferring the leg power onto the handle.

Using the Back too Early

Using the back too early means that the weaker muscles are taking on the greater load and stronger muscles are used when the load has decreased.



The rower starts the Drive by swinging the body back rather than pushing the legs. This results in a weak movement.



The legs begin the drive and the body levers back with the arms fully extended and relaxed.

Knees Up too Early

At the beginning of the stroke you need to be balanced and in control in order to develop maximum power. If the recovery sequence of hands, body then slide is not carried out correctly then this will mean a last minute adjustment at the beginning of the power phase, throwing you off balance and out of control.



On the Recovery the rower slides forward before the handle has extended past the knees. The hands either hit the knees or they are lifted up to clear the knees.



The recovery sequence – hands, body then slide. After the arms have fully extended and the body has rocked forward, slide forward maintaining arm and body position.

Fault

Correction

Over Reaching

Over reaching at the beginning of the stroke places the lower back at maximum flexion. If you then load it up there is a risk of damage in this area.



The body stretches too far forward. The shins may be past the vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the Drive.



The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Body too Tense, Grip on Handle too Tight

The only muscles that should be contracted are those directly involved in moving the flywheel. Any muscles in the shoulders and neck that are not directly involved will just drain energy if tested.



Teeth are clenched, shoulders hunched and the rower is gripping the handle too tightly.



RELAX! Relax the shoulders down, unclench the teeth and relax the jaw. Keep a LIGHT hold on the handle.

Pulling the Body to the Handle

Of you pull the body towards the handle there is an energy cost that will not add anything towards moving the flywheel.



At the Finish, the rower instead of pulling the handle to the body, pulls himself forward to the handle.



At the Finish the rower leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.