



LEVEL 1 INDOOR ROWING

Accreditation for Personal Trainers & Rowing Coaches

Why do the course?

Do your clients & rowers use the rowing machine?

Do you want them to use the rowing machine but not sure of what program to give them or how to teach them correctly how to row?

Would you like to learn more about the benefits of using the rowing machine not just for a warm up but a full body workout that is safe & effective for all ages & ability levels?

Utilise the Concept2 rowing machine & help your clients & rowers achieve better results making their workouts more fun & challenging. This course will equip you with the skills to encourage your clients to take their rowing further. Topics include:

Injury Prevention: Most clients don't understand the resistance levels/damper setting. Rowing at level 10 places excessive load on the lower back potentially causing injury. Rowing machine set up & safety is crucial.

Technique: Learn correct rowing technique, identify & correct faults, demonstrate skills & drills, understand rowing terminology & phases of the rowing stroke.

Speed & Power: Most clients use more upper body than legs throughout the stroke. Find out how to apply more speed & power using leg drive, rhythm and intensity.

Performance Monitor: Never knew how to program the monitor? Understand the various monitor displays including splits & ratings to establish goals for each workout.

Programs: Discuss the 4 key ingredients in designing effective rowing programs. Design programs that are rewarding, challenging & have an immediate impact on your clients & athletes.

2011 Dates:

Sydney - Sun 2nd October, Sydney Rowing Club

Melbourne - Sat 12th November, ERGfit Studio,

Time: 9:00am — 4.30pm

Cost: \$249.00

PDP's: 2 Course Code: KA1573

CEC's: TBA Course Code: TBA

To Book: Complete the registration form & return it along with payment to ERGfit by email, fax or post.



Indoor rowing is a worldwide sport with the Victorian, Australian & World Indoor Rowing Championships on the annual calendar. Visit: www.concept2.com.au

Need more information Call: 03 9370 3313 Email: info@ergfit.com.au Visit: www.ergfit.com.au

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