



Testimonials

What others have said about the course?

"After 7 years as a personal trainer I cant believe how much there was to learn about rowing. Using the knowledge I gained from the level 1 ERGfit course I've seen significant improvements amongst many of my clients. I have one client who could never break 10 minutes for 2000m but once i guided him through the correct technique and showed him how to use his strength efficiently he pulled an 8:20 (he couldn't believe it)!! I loved the course and can't wait for level 2".

**Thanks ERGfit, Cheers Scott.
Adam Ryan
Geelong, VIC**

I just thought I'd drop you a line on the Rowing Course at Ascot Vale with ERGfit. I would have to say its one of the best courses I have ever attended and would recommend it to anyone including Bike riders. I thought I knew what to do as far as rowing was concerned - I knew NOTHING - THIS COURSE WAS FANTASTIC. Thankyou for putting it on.

**Regards
Bob Bates
Dromana, VIC**

I recently attended your Level 1 instructor's course at your studio. I just wanted to take the chance to let you know that I thought the course was fantastic and I got loads out of it. I have applied a lot of what you taught us to clients of my own and I have also started a little rowing class. While a lot of my clients are quite used to using the concept 2 machine, the knowledge I gained at the course in regards to technique, stroke rate etc has given them a new appreciation and motivation to get better and improve their times. So I guess it's a big thank you from me and I look forward to coming down again for the Aussie indoors in October or a Level 2 when you get that up and running. Thanks again.

**Kind Regards
Daniel Strickland
Fit Solutions
Crossfit Townsville, QLD**

I found the Level 1 Indoor Rowing Course to be invaluable. It should be compulsory for all gym instructors & personal trainers in order to get maximum benefit from a potentially fantastic piece of gym equipment! Once again thanks Scott for a great course".

**Regards
Merridy Huxley
Running Wild Fitness, NSW**

Thanks for taking the time to come to Sydney. The course was one of the best I have been on, and I have been on a few. Thanks again, really enjoyed it.

**Deanne Ashford
CrossFit Wollongong, NSW**