

## Rowing Machine Information and Conditioning Chart– PF018

**Description** ♦ One of the most commonly misunderstood pieces of fitness equipment, the indoor rower (also known as an ergometer) can also be one of the most useful, productive, beneficial cardio tools in an athlete's routine. Learn the different phases of the stroke including the catch position, the drive phase the finish position and the recovery phase. As well you set an in depth explanation on how the damper works and how to best set the level. By following the guidelines on this poster you'll avoid one of the biggest mistakes made by most rowers. This poster is the perfect guide on how to properly use an indoor rowing machine and a "must have" for all CrossFit boxes, fitness facilities, or home gym set-ups. 24"x36" laminated poster

**Details**

1. Dimension: 24" x 36"
2. Material: gloss paper laminated with clear polyester both sides

