

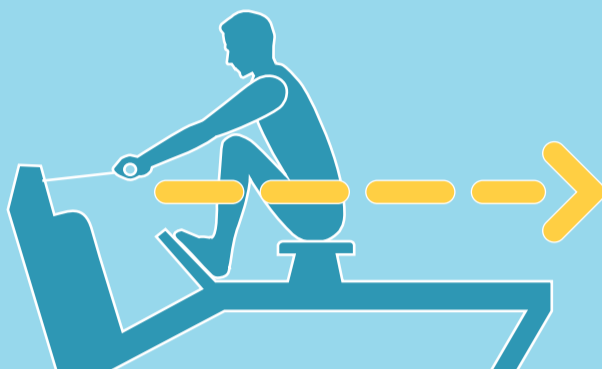
ROWING

Rowing is a great total-body exercise. Good form is essential. Learn the 4 stages of rowing to get the most out of your workout.

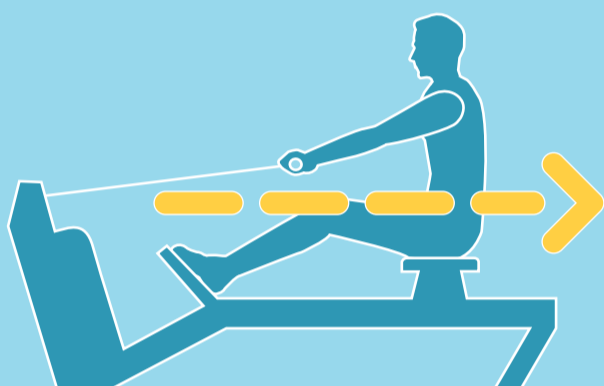


1 CATCH

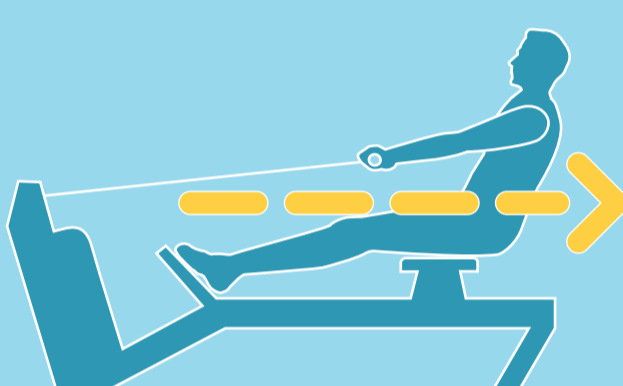
Lean slightly forward to 11 o'clock, arms extended, knees at a 90-degree angle.



2 DRIVE (TWO-PHASE MOTION)



Extend at the knees and hips, driving the seat backward. Keep arms extended and back straight.



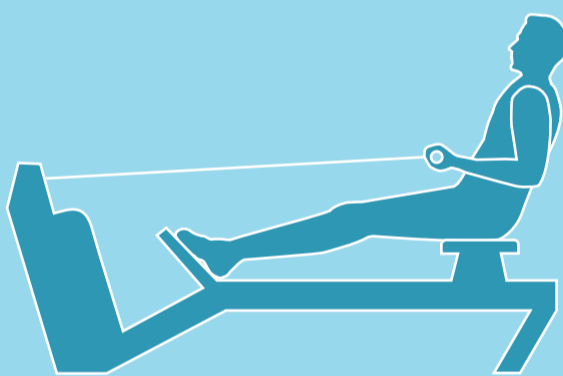
Legs come to full extension. Open the hips and lean back slightly at 1 o'clock.

3 FINISH

Arms pull handle to the lower part of the ribs, keeping the back at 1 o'clock.

QUICK TIP

Rowing too fast leads to poor technique



The rowing movement is a fluid drive with the legs, extension of the back and core, finishing with a pull of the handle focusing in on the arms.

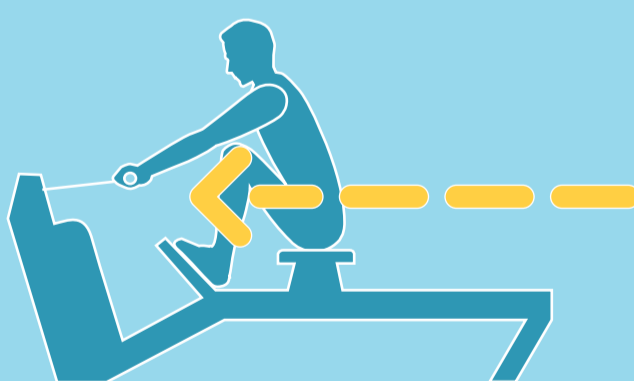
60 - 70% of the Drive should be from your legs—not your upper body.

4 RECOVERY

Reverse order of the Drive—arms, hips and legs. Recovery allows for a rest period between strokes and for you to reset to the beginning position.

QUICK TIP

Being too quick between strokes doesn't allow for proper recovery



IMPROPER FORM



All arms row. Be sure to use the legs.



Leaning back too far at the Catch.



Mimicking a circular rowboat stroke.



Pulling the arms back too high.

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