

## Ergo Lesson 1 – Posture

In teaching athletes how to row it is important to only focus on a small number of items per session. Hence we suggest do not allow yourself to be distracted by other issues that you may see unless they prevent the current lesson from being taught.

It is also very important that the athletes execute each lesson as well as they are able. If an athlete is performing a movement or exercise incorrectly, please make sure that they are not left unsupervised and repeating the incorrect action. Otherwise they will be reinforcing a bad habit with potential long term issues.

The first lesson in how to row should be done on a rowing machine as it is much easier to teach basic technique on an ergo when compared to a boat.

On an ergo you do not have to deal with the issues of balance and oars, hence a great place to start.

The most important lesson to begin with is about posture and sequence. If these two fundamental aspects are well understood by the athlete then they will already have the basic ability to row.

Here we step through the sequence and once the athlete has the steps executed correctly and in the right order please encourage them to merge them into one flowing movement.

Firstly make sure that the feet heights are set so as the athlete is comfortable with their shins vertical at the catch position with their body bent over and arms extended.

Please print this page and use to compare the athlete body positions to what is desired.

If you have mirrors in the ergo room, please affix to the mirror so that athletes can educate themselves.

### 1.1 Finish Position

Firstly ask the athlete to sit at the finish position with their pelvis vertical and elbows out, sitting tall.



### 1.2 Hands Away

Ask the athlete to then extend their arms whilst holding the body unchanged



### 1.3 Soft Knees

The next step is to soften (relax) the knees slightly to allow the hamstrings to let the pelvis move more freely



#### 1.4 Body Over (rock from pelvis)

Next have the athlete rock their pelvis over, essentially pushing the shoulders over as compared to pulling the pelvis over with the shoulders. The pelvis should control this movement.



#### 1.5 Move to Catch (no body movement)

Ensure that the arms are fully extended and straight then move towards the flywheel until the shins are vertical without changing the body position.



#### 1.6 Initial Leg Drive

Holding the same body and arm positions push with the legs until the seat has moved about halfway up the slide.



#### 1.7 Body and Arms

Commence opening the body and using the arms to draw from this point on.



#### 1.8 Body, Arms and Legs together

Continue to drive with the legs, body and arms trying to have all finish together.



#### 1.9 Finish Position

Back to where we started in 1.1



Once the above sequences are understood and executed in a sequence then have the athlete complete the sequence in a flowing movement. SLOWLY at first and when well controlled a little faster. Please keep the speed of movement at a level where the sequence and posture positions are correct. Over time this speed can be increased but only if the posture and sequence are correct.