

The Wave Rower

Workout

Do

Take a few minutes to get to know the basics of your fitness equipment.

Read and take note of your owner's manual instructions.

Develop a proper warm up and stretch routine for the start of every workout, and likewise warm down and stretch afterwards.

Learn good technique, which in the case of rowing does **not** come naturally to most people. You will achieve better results and your body will feel more comfortable with the exercise.

Workout within your own personal limitations. Be prepared to build up performance gradually over time.

Treat your workout as a fun time of your day, and stick to your planned routine.

Don't

Workout if you have any concern about a health issue which might be affected – ask your doctor first.

Continue to train if feeling faint or dizzy.

Workout if affected by drink or drugs.

Workout with small children around. The Wave Rower has moving parts which can attract inquisitive small fingers.

Wear loose fitting clothing that can dangle behind you and catch in seat rollers, or bunch up in front and catch your thumb or finger nails.

Believe too much in “no pain no gain” - a really thorough aerobic fat-burning workout can be pleasant and enjoyable, and needn't end in total collapse from exhaustion.

ROWING HINTS

Sit tall and keep your **head high** throughout the stroke.

Imagine you're lifting a weight with each stroke, and ensure the legs do most of the work, especially early in the stroke.

So don't heave it with your back. You wouldn't lift a weight that way, so don't row that way either.

Less can be more! A smaller number of effective strokes will achieve far more than a lot of ineffective ones. Control your stroke rating (the SPM window on the monitor). Dropping that rating number by 2 or 3 can often increase speed. Technique usually improves when you're less rushed, and you're putting less energy into simply moving your body backwards and forwards. Experiment and find your optimum rating, which may be lower than you think.

Plan your workout and “instrument navigate” it using the SPM and 500m split time windows. Better still, **buy the Wave Rower heart rate monitor kit** and use your planned pulse rate as a key workout parameter.

Be realistic! Reaching a challenging but achievable goal is far more satisfying than falling way short of a fantasy one. Don't expect a personal best from every single workout!

Listen to your body!! If you're overdoing it, your body will probably start to send warning messages, or just tell you it's had enough. It knows, so don't ignore it.

And enjoy your rowing!!! Yes, this final point was made already in the “Do and Don't” list, but if you're not having fun, it's time to review your program and performance goals.



Congratulations on buying the amazing Wave Rower – absolutely the very best total body aerobic workout you will ever have in the privacy of your own home!

We at Wave Fitness want you to attain the maximum benefit from your new Wave Rower, so please take the time to study this leaflet.



Good technique, as easy as ABC... and DEF!

Please take your seat, and then make your feet secure and comfortable in the adjustable heel support system. Footwear is optional – normal trainers, socks or even bare feet are fine. Bring the supports just above the heel, and use the central knob to adjust the height of these so that the upper straps cross just over the base of the toes. Make these secure but not over-tight.

Now take up the handle. Space the hands so the forearms gently brush the sides of the rib cage. Use a light grip, so the fingers just loop over the top of the handle with the thumbs resting beneath it.

We at Wave Fitness break the rowing stroke into six positions, which we give letters from A to F. If you learn these carefully, and then practice



moving smoothly between them in a complete and repetitive cycle, you will master good technique in no time. Sometimes having a friend to watch and comment, or even just a mirror to view yourself, can be helpful.

Please learn these positions carefully, and note how only some parts of the body change from one position to the next. **These are highlighted in bold italics.**



Position A

Sit with the legs straight, back straight but leaning slightly back from the hips, and arms out straight in front of you, hands at chest height.

Now swing to

Position B

Legs still straight, back still straight **but now leaning slightly forwards from the hips**, arms still straight out in front.

Note that this has taken your hands forward of your knees while your legs are still straight. And slide to

Position C – “The Catch”

Legs fully compressed – aim to get shins as close to vertical as you can, but not beyond, back still straight and leaning slightly forwards from the hips, arms still straight out in front.

And drive hard to

Position D

Knees bent so seat is at mid-point of travel, back still straight and leaning slightly forwards from the hips, arms still straight out in front.

And maintain the stroke to

Position E

Knees nearly straight so seat is at 3/4 point of travel, back still straight **but now leaning slightly back from the hips**, arms still straight out in front.

And squeeze through to

Position F – “The Finish”

Legs now straight, back still straight and leaning slightly back from the hips, **arms now pulled in so hands are close to chest, with forearms horizontal and brushing rib cage.**

.....from where **the arms straighten** to return to position A

Focus on making these movements blend together as smoothly as possible. The three from Catch to Finish are generally grouped together as the Stroke, and the three from Finish to Catch as the Recovery, but think of all six movements as a complete cycle, in which one flows seamlessly into the next, each movement is a transition between the one just finished and the one to follow.

