

Introduction to Indoor Rowing

3 hour Workshop

This workshop is designed for gym instructors, to enable them to introduce their gym members to the safe and effective use of indoor rowing machines.



By the end of this workshop, you will be able to:

- describe the basic elements of British Rowing technique
- state the benefits of rowing
- feel confident instructing British Rowing technique and the use of indoor rowing as a stand alone activity
- use and set up the indoor rowing machine correctly.



Workshop Series

We believe in continual personal development, so our workshops aim to make education and training accessible to everyone.

We offer a range of courses which encourage good practice and enjoyment in rowing.

Many workshops do not require a formal qualification or lengthy time commitment and range in duration from three hours to a full day.

For further details, please contact your nearest British Rowing Team Leader

www.britishrowing.org/contact

