# Fixed Seat Rowing Technique 2

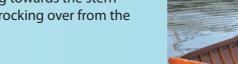
This poster outlines fixed seat rowing technique.



## The Catch

- Sit symmetrically on the seat in a comfortable and strong position
- Keep the head facing forwards, looking towards the stern Pelvis rocking over from the

finish





- Back should be set at the catch
- Body in pre-stretched position

#### The Drive



Push off equally with both legs, then open the body using arms as linkage



Maintain a strong body posture



• The legs, upper body, shoulder and arms accelerate the handle throughout the drive

### The Finish



Maintain acceleration until the hands reach the body

### The Recovery



The body movement forward should be smooth and controlled



- Hands lead the body forward, keep the arms straight
- Retain good posture
- Maintain balance through the feet





Lock the face of the blade square in the water The catch is taken with one smooth continuous movement of the hands (no pause)



Equal pressure through feet during the drive Keep the blades square for as long as possible

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Body prepared and ready for the catch on the last part of recovery Prepare the blade for the catch by starting to square as the handles pass the knees