



# GO ROW INDOOR COLLEGE WORKSHOP

## WHAT IS GO ROW INDOOR?

**Go Row Indoor is a new indoor rowing initiative which aims to get more people indoor rowing whether it be for fun, fitness or competition.**

**At the heart of the initiative is a new REPS and CIMSPA accredited Workshop that will teach College Fitness Professionals how to deliver a world class indoor rowing offer simply and effectively.**

The workshop includes:

- British Rowing technique
- Indoor rowing gym inductions
- The development of focused training plans
- Use of indoor rowing fitness tests
- Guidance on how to create fun and effective workouts including pre-designed 20, 30 and 45 minute Go Row Indoor group exercise classes
- Access to a range of additional resources including indoor rowing apps, workout videos and more.

The workshop is also highly recommended for entrants into the World Skills Fitness Instructor Competition, in which indoor rowing is now a key discipline.

Workshops are delivered by a fully trained British Rowing Master Trainer and can be tailored to your needs, taking account of class timetables, venue, and class size and equipment availability.

*Go Row Indoor can help your students deliver a world class indoor rowing offer simply and effectively.*

## WHY INDOOR ROWING?

- **Total Body workout** – Every stroke uses 85% of your muscles, covering nine major muscle groups.
- **Highly efficient fat burning exercise** – Burn up to 300 calories per half hour.
- **Low impact on your joints** – The perfect exercise as part of a recovery programme and for participants of all ages.
- **Core strength and flexibility** – Making indoor rowing ideal for cross-training.
- **Great for all abilities and easy to learn.**

## WHAT THE MEDIA SAY

*'A raft of new indoor classes promise the ultimate full-body workout. Time to improve your pulling power.'* – **The Times**

*'A holistic workout – you'll not only challenge your lungs and hammer your lower body, you'll also sculpt your core, back, and arms.'* – **Men's Health**

*'A new wave of competitive rowing classes is boosting metabolism and muscle.'* – **Evening Standard**

## WHY GO ROW INDOOR FROM BRITISH ROWING?

Indoor rowing is one of the fastest growing fitness trends worldwide. Effectively delivered it provides a fun and effective workout for all ages and abilities.

As one of the world's leading rowing nations, we have drawn on the expert knowledge of our coaches and athletes to develop a world-class indoor rowing training workshop for fitness professionals that is simple to roll out.

Colleges can now support students to easily access this workshop, helping them to become experts in indoor rowing delivery and, in turn, enhancing future employability.

## WHY GET INVOLVED?

- **CPD Points Awarded** – Awarding 5 CIMSPA CPD Points or 5 REPS points.
- **Employability benefits** – Standout from the crowd, acquiring indoor rowing knowledge that is currently desired within the gym environment.
- **Developed with the support of industry partners** including Sport England, equipment manufacturers, leisure operators, technology partners and education establishments.
- **World Skills Fitness Instructor Competition** – Essential training for anyone entering this prestigious competition.
- **Easily accessible** – Tailored to the needs of college students.

## WHAT NEXT?

Contact us to discuss delivery of a Go Row Indoor Workshop at your College.

**Tim Messent (Education and Training Manager)**  
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### Karen Stanton

Head Judge & Technical Lead – AoC Sport Fitness Trainer Competition

"Go Row Indoor classes offer enjoyable, effective and time efficient workouts to anyone who has access to a rowing machine and consequently, the business potential of delivering this activity can be huge for Fitness Instructors or Personal Trainers.

The widely experienced team at British Rowing are so professional, they work in the industry and really 'know their stuff'. There are so many CPD courses to choose from nowadays – but I think this one really delivers a valuable extra skill set that can be applied in any gym."

### Jake Stannard

Deputy Head of Curriculum for Sport and Public Services, Hertfordshire College

"This was a fantastic session for our students and also for staff.

With across the board improvements in strokes per minute, the advice and support offered by British Rowing was invaluable.

Not only has it taught us all better technique, it means we can now compete in indoor rowing competitions, which is something we are proud to be able to offer our students."

