

ROWING & ERGING



WHAT TO EXPECT:

Interested in a full-body workout with breathtaking views?

Rowing and erging is a beginner friendly way to improve your overall fitness. Expect a supportive, encouraging environment where you'll learn proper techniques and enjoy the benefits of this low-impact exercise! Whether you're looking to get in a good workout or compete in regional regattas, there's a place for you!



JOIN THE GAME:

Our athletes participate in rowing & erging with a wide range of diagnoses including, but not limited to:

- Amputation
- Multiple Sclerosis
- Spinal Cord Injury
- Cerebral Palsy
- Spina Bifida
- Post CVA (Stroke)
- Spinal Muscular Atrophy
- Visual Impairment

EQUIPMENT

- Sportable will provide all equipment necessary:
 - Erging machines - typically used indoors but moved outdoors for warm weather!
 - Rowing boats (sculls) & oars
 - Both rowing & erging have straps available for your feet, knees, chest, and lap if needed for a more secure fit

COMMON ADAPTATIONS*

- Active Hands gripping aids can be utilized to keep your hand in a fist to grasp the handle for individuals with reduced hand function
- Wintech Fixed Seats can provide postural support for individuals with decreased sitting balance, and can be used with or without straps
 - Wheelchair cushions can be placed on top as well for added comfort and skin protection
- Pontoons can be added to both sides of rowing boats to increase stability and security on the water



ROWING



ERGING

HOW IT WORKS

- Rowing technique can be broken down into 4 simple steps for proper form, and adapted to your needs:
 - **Catch:** Body forward with arms extended, back straight, and knees bent
 - **Drive:** Push with your legs if able, keep back straight, then pull the handle to your chest



CATCH



DRIVE

- **Finish:** Legs extended, back slightly leaning back, arms pulling handle to chest
- **Recovery:** Extend your arms, lean forward from your hips, and bend your knees to return to the catch



FINISH



RECOVERY

*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:



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