

ROWING & ERGING

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!

EQUIPMENT

Spportable will provide all equipment necessary:

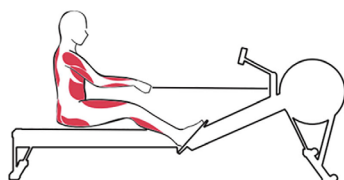
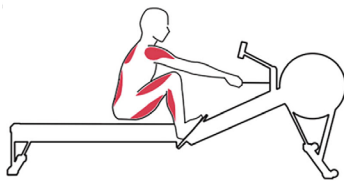
- Erging machines
- Rowing boats
- Oars



HOW IT WORKS

Rowing technique can be broken down into four 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.



JOIN THE FUN

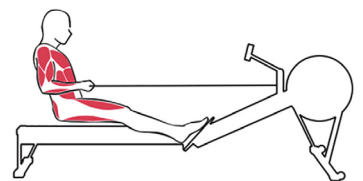
Our athletes participate in rowing & erging with a wide range of diagnoses including, but not limited to:

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

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.
- Pontoons can be added to both sides of rowing boats to increase stability and security on the water.
- Different grips and devices can be used to make one-handed erging feasible.

- **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

