

# Rowing

Reach your potential!



Rowing is all about transferring maximum power from legs to blade. This requires core stability alongside global strength. If you switch between sculling and sweeping you may find your trunk stability is strong for one and weak for the other, causing an imbalance in the boat and impacting your performance.

- make your land training count in the boat!
- test your core symmetry in sculling
- learn the difference between prime movers and stabilisers
- optimise your force transference from legs to blade

A matrix screen involves assessing specific muscles for strength and flexibility alongside balance and core stability, four essential elements that will ensure your success in rowing. After your initial assessment an individualised programme will be created with subsequent follow-ups to progress your management.



Richmond Physiotherapy  
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For further information

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