



# Rowing Machine Poster

*Mike Jespersen*

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## **Rowing Machine Poster** Mike Jespersen

This poster is the perfect guide to improve understanding on how to properly use an indoor rower. Learn the different phases of the stroke, the start and finish positions, how to set the damper, and the best technique for getting the most out of your row. In addition, this chart has a beautiful color diagram showing the muscles used in rowing, a simple to use heart rate guide and the proper way to construct your cardio workout. This poster is a must have for all CrossFit boxes, fitness facilities, or home gym set-ups. 24 x36 inch laminated poster.

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