

CROSSFIT ROWING ARRIVES!

SPEND A DAY WITH OLYMPIC
ROWING GOLD MEDALIST AND
CROSSFIT COACH ERIN CAFARO
AND MAXIMIZE YOUR ROWING
SKILLS, AN IMPORTANT
COMPONENT OF MANY
CROSSFIT WORKOUTS.



This one-day comprehensive workshop will teach you:

- Proper rowing technique.
- Technical error analysis and correction.
- Verbal cues, rowing physiology and kinesiology.
- How to structure a CrossFit rowing workout to maximize rowing power and efficiency and increase rowing power output for better WOD times/scores.

The day will include lecture, rowing on the Concept2 Indoor Rower, team teaching, and two CrossFit workouts. **\$395 USD**

 **concept 2**

CrossFit Rowing Trainer Course Locations

September 20

CrossFit Jackhammer

Basel, Switzerland

regonline.com/RowBaselSwitzerlandSept2014

September 21

Myleo CrossFit

Berlin, Germany

regonline.com/RowBerlinGermanySept2014

September 27

CrossFit Nottingham

Nottingham, United Kingdom

regonline.com/RowNottinghamUKSept2014