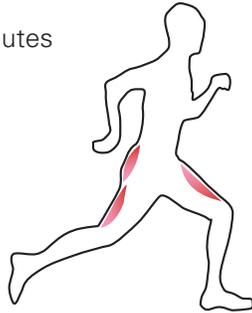


## ROWING FOR RUNNERS

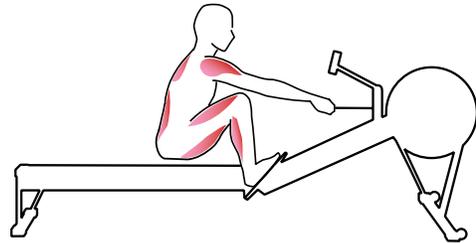
Rowing and running both offer cardiovascular benefits and use many of the same muscles, but in different ways. Running is a pushing sport, where feet extend and push off for forward momentum; rowing is a pushing *and* pulling sport, engaging muscles through contraction and extension. Moving in these complementary ways improves range of motion, flexibility, and strength balances.

Quads, hamstrings and glutes



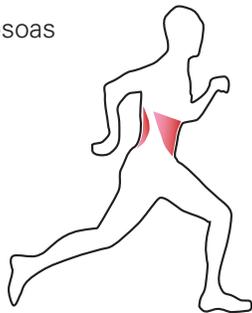
Engaged during the push phase when the foot is grounded during the running stride.

Hips, quads, hamstrings and glutes



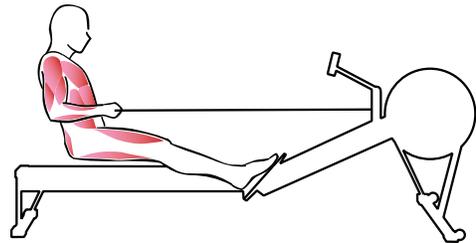
Used during the drive of the rowing stroke.

Core: abs, lower back, psoas



Helps with posture, efficiency and power.

Core: abs, lower back, psoas



Power and stability. Builds strength and eases lower back pain.

### Cardio

Runners can maintain and gain cardio fitness by incorporating intense rowing workouts into their training. Since rowing is zero-impact, it gives runners' joints a chance to recover from the shock of absorbing each stride.

### Flexibility

Rowing requires a large range of motion: each stroke begins with legs compressed and shins vertical and ends with legs fully extended. Hamstrings, shins, calves and ankles flex throughout the powerful drive of the stroke.

### Core

Core strength and good posture are key components for good running, especially when runners fatigue. In rowing, the power of the legs is connected to the handle through the support of the arms and core. The back swings through the middle of the stroke and stabilizes the body at the finish.

Cross-training is a way for athletes to deliver a new range of motion to their bodies. Rowing incorporates the whole body in a multi-dimensional motion, helping you to achieve optimal fitness.

For details on rowing for running and triathlon, please visit [concept2.com/multisport](http://concept2.com/multisport).

### CONTACT INFORMATION

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