

Indoor rowing essay



The rowing action of Indoor Rowing is stimulated by typically machines which are known as the indoor rowers or indoor rowing machines.

Some of the contemporary indoor rowing machines have been given the name of Ergometers. Ergometers can be described as the machines that contribute towards ensuring the stimulation of rowing as an activity and these are used for training the individuals interested in the sport of rowing on land itself. This is generally ensured when there are some sorts of restrictions associated with waterborne training. The use of ergometers and land based training can also be made in the circumstances when it is not possible to measure the fitness of the activity of rowing. There are some of the limitations that are faced when the use of Ergometers is made.

These limitations are related to the fact that stimulatory effect of Ergometers is limited and thus they cannot be used to stimulate any challenges related to lateral balance. Also, they cannot be used to stimulate the actual resistance that may be offered by a water body. It is for this reason that the complete reliance for the selection of the crews is not on the ergometer scores. The calibration of an ergometer is ensured in order to ensure the assessment of the energy that a rower may be generating.

Thus, it can be useful in measuring the output of a rower who is participating in the act. The commonest form of Ergometer that is known to exist is having the flywheel format. The connection of this type of ergometer is generally with a handle and a chain. The spinning of flywheel is ensured in case of this type of ergometer following a specified action. This specified action involves the rower pushing his body in the backward direction and the rower then

tries to pivot his back. He then ensures to pull the handle and this actually causes the spinning of the flywheel.

There is a braking mechanism that is ensured to be applied in the flywheel. The application of this mechanism is generally ensured by making use of a hydraulic, pneumatic or magnetic damping. This tries to give a feeling similar to an oar moving through the water. Depending upon whether the flywheel braking mechanism is stagnant or is working, the rower will be either moving in a back and forth direction or he will be remaining in a stationery position. It is also possible to establish the connection of some of the ergometers with a computer. This is generally established by making the use of software.

One can successfully collect as well as analyze the data related to the different exercise sessions. It is also possible to organize the different virtual races as well as workouts. This can be achieved by ensuring the connection of the several ergometers using the internet. The training that is extended as a part of Indoor Rowing is primarily restricted to only the position of the body and the different movements of the body. Ergometers can definitely contribute towards extending a comparative workout for all those individuals who have some kind of experience in rowing as a sport in a given water body.

The popularity of indoor rowing has been increasing with time and because of this several competitions with respect to Indoor Rowing are constantly organized.