



The Biomechanics of Rowing

Dr. Valery Kleshnev

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In rowing, races are often won in spite of, not because of, technique, and many misconceptions still preoccupy both rowers and coaches. This book explains the facts about rowing technique and will help you to find the right way to achieve your best performance. The author has based the book on more than 25 years experience of working with the best rowers and coaches all around the globe, a careful analysis of millions of data samples, and comprehensive biomechanical modeling with the aim of finding an optimal balance of variables.

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