



Video Analysis Instructions

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In order to submit video footage the requirements are as follows:

- 1) Footage should be 5 minutes in length.
- 2) Footage should be taken from the profile view.
- 3) Footage taken from the front (optional).

Please see the photo below for guidance on how the non optional footage should be shot.



- a) Camera is positioned from the side.
- b) It is possible to see your feet in the frame.
- c) No part of your body goes outside of the frame at any time.
- d) Ideally the full machine should be in the frame.

The footage should be a mixture of steady state rowing (18 to 22 spm) and some higher rate footage (28spm to 32 spm).

Ideal Workout To Film - 5 minute workout: (warm up and stretch beforehand)

| Time Elapsed | Stroke Rate |
|---------------------|--|
| 0 - 3 minutes | (steady state pressure @ 18spm to 22spm) |
| 3 - 4 minutes | (rowing full pressure @ 28 spm) |
| 4 - 5 minutes | (sprint full pressure @ 32+ spm) |