



Video Analysis and Force Curve Analysis Instructions

www.coachbergenroth.com

PLEASE SEND FOOTAGE AND WAIVER TO NEIL@COACHBERGENROTH.COM

[WAIVER CAN BE DOWNLOADED HERE](#)

Please note that footage received on Sunday evening may not be looked at for a few days. I can generally give time to video review/analysis over the weekend.

To submit video footage, the requirements are as follows:

- 1) Footage should be 5 minutes long.
- 2) Footage should be taken from the profile view directly from the side.
- 3) Footage taken from the front (optional).

Please upload the file to a Google Drive location and send me the link when you have the file created. There are other ways to transfer the file, such as wetransfer. Emailing me the file is generally not an option because of file size.

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



- a) Camera is positioned directly from the side.
- b) It is possible to see your feet in the frame.
- c) No part of your body goes outside 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 higher-rate footage (28 spm to 32 spm). See the following page for the workout protocol. If you can stick to this protocol each time, I can use older and current footage side by side so that you can see the improvements in your mechanics.

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

Time Elapsed	Stroke Rate
0 - 3 minutes	(steady state pressure @ 20 spm)
3 - 4 minutes	(rowing full pressure @ 28 spm)
4 - 5 minutes	(sprint full pressure @ 32+ spm)

Force Curve Analysis Instructions (for iOS users only)

I am now offering additional force curve analysis with the use of my app Remote Rowing Coach. This analysis allows me to provide feedback on what is happening with your force application during the stroke. There is a biomechanical ideal shape that is available. However, we generally look for a “haystack” smooth curve that is convex the entire way around. Anytime the curve breaks and becomes concave, it provides information on where acceleration during the drive phase is discontinuous.

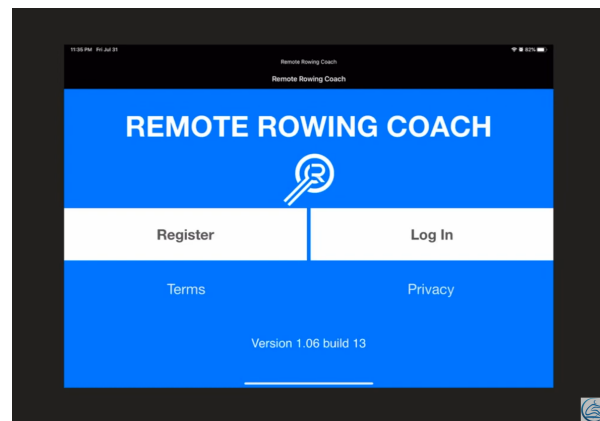
Remote Rowing Coach is available for iOS devices in most worldwide app stores. Here is a link to the US App Store.

<https://apps.apple.com/us/app/remote-rowing-coach/id1507591443>

Please note that your login for this app is different from your login information for my training management system if you are working with me on a training plan.

Here is a link to a video demonstrating how to use the app to record your strokes and then export the data from the app to a CSV format which you can email to me.

Click the image to watch >>



https://youtu.be/ByqEelGwM_8

Analyzing Your Own Force Curves With Remote Rowing Coach (optional)

This functionality is available with a one-time purchase of stroke analysis (currently \$3.99 US Dollars). Press the purchase/restore button and then purchase “stroke analysis,” which will unlock this functionality.

If you wish to analyze your force curves, you can access them by clicking **Force Curve Analysis** in the top right-hand corner of the data analysis screen.

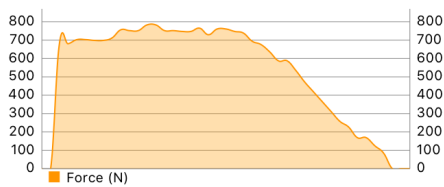
On the first screen, you can obtain your average force curve at a stroke rate. Click the + or - to change the rate, and then click SAVE FORCE CURVE, and the graph will remember that curve so that you can compare it against other average force curves at different stroke rates.



On the second screen, you can look at each stroke to analyze things at the one-foot level.

< Scatter Chart

Stroke Analysis



Total Strokes 775



Previous Stroke Next Stroke

Stroke Number	1
Average Force	548.4 N
Peak Force	791.0 N
Aver / Peak %	69.33 %
Drive Length	1.18 m
Drive Time	0.78 s
Impulse	427.8 Ns
Work	0.0 J
Time	00:00:01.2
Stroke Rate	0 spm