

Use of equipment

A/ Skillrow

1/ How to train with Skillrow

[\(292\) Skillrow | How to train with Skillrow - YouTube](#)

2/ Benefit of Rowing

[\(292\) Skillrow | The benefits of rowing - YouTube](#)

3/ Multidrive and Power Mode

[\(292\) Skillrow | Multidrive and power mode - YouTube](#)

4/ Skillrow - Common Mistakes

[\(292\) Skillrow | Common mistakes - YouTube](#)

5/ Improving Stroke Power

[\(292\) Skillrow | Improving stroke power - YouTube](#)

B/ Group Cycle

1/ Group Cycle – Set up

[Group Cycle Set Up - Bing video](#)

C/ Adaptive Motion Trainer

<http://www.precor.com/en-us/videos/precort-amt-workout>