

June 2017

Rowing Biomechanics - Why is height of handle takeoff so important

An unusual testimonial

Rehabilitation

Music

INDOOR SCULLER

Row perfect



Rowing Biomechanics - Why is height of handle takeoff so important?

I'd like to thank Lyall McCarthy, coach of Olympic gold medallist single sculler Kim Brennan for alerting

me some years back to the fact our takeoff point was significantly different (higher), and in his opinion better, than other rowing machines.

The handle takeoff point is the height from which the user pulls the handle - how much higher it is than the top of the seat. It's important for two reasons - firstly, it encourages a strong, neutral spinal posture. A low takeoff point reduces the cost of manufacture by reducing the strength required in the frame of a machine, but the cost to the user becomes a lot higher - by effectively pulling upwards from a low point, it's almost impossible for the rower to avoid flexing the lumbar spine, exposing the lumbar disks to excessive stress and injury.

Secondly it makes the simulation of actually rowing in a boat far better - our takeoff point effectively mimics the position a rower attains at the beginning of a stroke in a properly-rigged rowing shell, a position arrived at by endless trial and error over the last 150 years as the most effective and safest for a human being sitting in a racing shell.

At Rowperfect, we are absolutely committed to making the Indoor Sculler the best- and the safest - rowing machine in the world. We pride ourselves on our attention to detail, and we refuse to compromise on quality and safety.

An unusual testimonial

Some months ago a longtime supporter contacted us, wanting to update his machine (one of our original batch of 50) with a new flywheel and shaft. "Matthew" (not his real name) mentioned that he believed the strength he had developed and maintained on his Indoor Sculler had almost certainly saved his life just over one year earlier. I was fascinated and asked in what way.

In short, Matt was attacked by a hitchhiker he had kindly given a lift in New Zealand. Without giving full details, I've seen the photos of Matt's injuries and read the full harrowing account, and it's probably better we leave it there. Suffice to say the assailant is doing a very long prison term.

Here's the twist: "Matt" is 67 years old. His assailant was 30, and a professional rugby player.

We've had number of wonderful testimonials where people have thanked us for making their lives better - and we treasure them all - but I have to say Matt's story is special.

There are hundreds of reasons to stay strong and fit as we get older. May none of us ever have need of using Matt's reason.



Rehabilitation

I'm sad to say that after an accident at surfboat training three months back, I required surgery two weeks back for a torn disk at L3, which resulted in a fair bit of pain and significant muscle and power loss in my left leg.

Spinal surgery is every bit as much fun as it sounds and I have to repeat what I wrote about Matt's ordeal - I hope you never need it. Having said that I'm hoping to be able to use the Indoor Sculler as a major component of the rehabilitation process, beginning in a month or so; I'll keep you posted, hopefully with good news!

One of the first Indoor Sculler owners celebrated her 80th birthday on Friday last week. She has had two knee replacements, one hip replacement and a heart valve replacement too and is still using the Sculler almost daily. - In her words " my body just says thank you"!

<http://www.youtube.com/watch?v=XXiqI29DTpE>



Music

A couple of beauties arrived at literally by accident as I was looking through my playlist, while lying around recovering (as officially prescribed by my spinal surgeon Ian Farey!):

1. Hard Road by Stevie Wright

Until last week I hadn't heard this for perhaps twenty years; I wish it weren't that long, but I've played it at least twenty times since discovering it on the excellent album "Rockwiz Uncovered" which I bought over a year back, after hearing a few tunes they'd "re-discovered" on that wonderful show (and NOT only because Julia Zamira is on the cover, I promise:-)). Somehow I had missed this one in the list- it's an absolute cracker.

Two years ago I read Michael Browning's excellent book "Dog Eat Dog" about his days managing AC/DC (and after they dumped him, INXS). It's a wonderful book, and he briefly mentions Stevie's problems with heroine and its effects on AC/DC's early years. That reminded me of a story in Jesse Fink's book about the Young brothers; from memory they specifically tried Stevie as a singer before Bon Scott applied for the job.

It didn't work out; Stevie's battles with his demons made it impossible - but this song gives you a wonderful idea of why they asked him, and what might have been. And: we got Bon!

2. The Real Thing by Russell Morris

This really is a classic piece of music, for any era. A smash Australian hit, it interestingly topped charts in New York and Chicago - a testimonial to the music lovers of those two great cities at least. Molly Meldrum's production input (look it up on Wikipedia) I believe genuinely meets the criteria of genius - using a recording of the Hitler Youth Choir? Who would have thought of that? At six minutes, it's perfect for use while rowing - it's perfect for a lot of reasons.

Copyright © 2017 Rowperfect Pty Ltd, All rights reserved.

**Regards and all the best from
all of us at Rowperfect!**

Our mailing address is:

4 Moore Road Freshwater NSW 2096 Australia

admin@rowperfect.com.au

rowperfect.com.au

[unsubscribe from this list](#) | [update subscription preferences](#)

This email was sent to admin@rowperfect.com.au

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Rowperfect Pty Ltd · 2/4 Moore Road · Freshwater, NSW 2096 · Australia