



## BioRow Ltd. - Rowing Technique Specialists

*Develop your ideal Rowing technique with BioRow Ltd. Biomechanics Lab.!*

### Biomechanics? It is easy!

All regular rowers enjoy a fast and efficient boat run. Sometimes this enjoyment can be compromised by such problem as:

- ! A too short or too long stroke at catch or finish;
- ! Jerking or a too slow motion at some phases, such as “bum shooting”;
- ! Disconnection and inefficient coordination of legs, trunk and arms;
- ! Blade slip at catch or “washing-out” at finish.

These and many other problems hinder the improvement of rowers’ performance and achieving their personal best. Many rowers are forever stuck with their technique – always looking for those elusive perfect motions, but unable to pinpoint why they “just don’t feel quite right”.

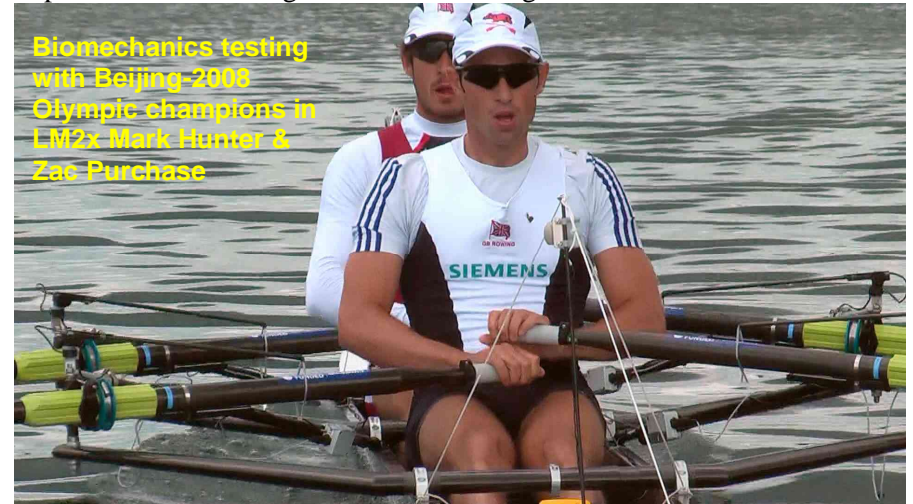
BioRow Ltd. has extensively researched the biomechanical theories behind optimum boat and oar fit and coupled them with advanced data capture technologies. This enables the precise measurement and analysis of a rower’s technique in a boat. The subsequent boat adjustment recommendations can be customised to their personal anatomy, strength, flexibility and rowing objectives.

In the last 20 years we have tested well over 10.000 rowers. A number of them became Olympic and World champions and medallists, among them James Tomkins and Drew Ginn in M2-, Mark Hunter and Zac Purchase in LM2x and many others.



And, of course, we made it as easy to understand as possible! Do not be scared with numbers and charts! We provide very practical explanations at any level of your background knowledge. Our customers have included top World competitors, novice rowers, adaptive athletes, and Sunday afternoon leisure scullers. All are welcome and all are likely to benefit from, and enjoy, their technique improvement.

We are a specialist in Rowing Biomechanics offering a relaxed, private and value-for-money service, which gives hi-tech knowledge and experience straight into your hands. We test in your own boat or in our singles, and endeavour to explain the changes we make and the expected improvements. We continually seek feedback of your subjective impressions both during and after the testing.



Although primarily for competitive rowers, the Biomechanical theories can be applied to all including coastal, trans-ocean and recreational boats. We are situated in the heart of Thames Rowing area, ten minutes drive from the M4 and the Olympic Rowing course Dorney Lake. If coming some distance, why not make a day of it and explore our Windsor-Eton town or let us take you on a guided ride.

See our "Contact Us" page to make an appointment or any other enquiries. Alternatively mail direct to [kleva@btinternet.com](mailto:kleva@btinternet.com)

Follow us here for the latest news on availability and cancellations.

### Contact Us



Dr. Valery Kleshnev

Ph. 07768 481119

[www.biorow.com](http://www.biorow.com) , [kleva@btinternet.com](mailto:kleva@btinternet.com)