

CROSSFIT ROWING ARRIVES!

SPEND A DAY WITH OLYMPIC ROWING GOLD MEDALIST AND CROSSFIT COACH ERIN CAFARO AND MAXIMIZE YOUR ROWING SKILLS, AN IMPORTANT COMPONENT OF MANY CROSSFIT WORKOUTS.



This one-day comprehensive workshop will teach you:

- Proper rowing technique
- Technical error analysis and correction
- Verbal cues, rowing physiology and kinesiology
- How to structure a CrossFit rowing workout to maximize rowing power and efficiency and increase rowing power output for better WOD times/scores.

The day will include lecture, rowing on the Concept2 Indoor Rower, team teaching, and two CrossFit workouts. **\$395 USD**

For more information and to register:
crossfit.com/cf-info/specialty_certs.html

CrossFit Rowing Trainer Course Locations

September 20
CrossFit Jackhammer
Baselland, Switzerland

September 21
Myleo CrossFit
Berlin, Germany

September 27th
CrossFit Nottingham
Nottingham, UK