



Get yourself the best rowing and sculling training tool on the market



The new RP3 indoor rowing machine has **evolved** from Rowperfect and helps your crew move the boat fast.

To **maximise boat speed** you need aligned forces between crew members, simultaneous delivery of power, fitness and blade handling skill. Rowperfect can help you with the first three.



Casper Rekers, designer of the world's first dynamic rowing simulator, Rowperfect.

"Based on the experience and know-how that I built up over the last twenty years, I have designed a new dynamic rowing simulator, RP3, with new features which give it an even closer "on water" feeling."



Rowperfect

Telephone:

07939 584140

www.rowperfect.co.uk/rowperfect

INTRODUCING



Rowperfect RP3 is completely built from stainless steel for maximum durability.

Improved design features:

- Excellent rowing simulation characteristics
- Low centre of gravity for maximum stability
- New, rugged main shaft construction
- Wide front leg with rollers, easy to move around
- Continuous adjustment of resistance by sliding vane on flywheel cage
- Easy inclination adjustment of main bar near seat
- Heelflex stretcher
- High tech ultralight carbon handle
- Vertical storage on front leg
- New software for force curve analysis

The RP3 for Windows software uses an in-built USB interface that also operates the SEAN coaches analysis software.

For Coaches:

Most crews gain significant boat speed in the first year they solely use RP for indoor training because you can teach boat-moving technique indoors. Aligning the force curves and stroke length of your crew can maximise their potential boat speed. Technique exercises and drills taught on RP3 are directly transferable to the boat. If you test athletes on RP3 it will tell you the crew's likely on-water 2k time given flat water and skilled bladework.

For Athletes:

Get the whole of your crew fitter for rowing than they've ever been before. RP3 makes you work hard in the same way on land as on the water. Ergos don't float and the RP3 will show you who are the "boat movers" in your squad because you have to pull your own body weight. RP3 splits are weight and boat class adjusted. You want to go fast, RP3 will show you where small speed gains can be won by aligning force curves, smoothing power delivery and improving effective stroke length. Get the whole crew moving the same way.

For Rehabilitation:

RP3 has a tilt seat mounted on a narrow bar that aides core stability and strength development. One legged rowing builds strength in the resting or injured leg. The force curve demonstrates when technique breaks down so you can stop before bad habits form.

World and Olympic champions credit their success to Rowperfect:

Alan Campbell GB 1x

Ursula Grobler, Abby Broughton USA LW2x

Beijing Olympic Bronze medallists GB 2x

Sydney Olympic Gold medallists GB 8+



Free Trial

Try a RP3 at your club free for a fortnight.

Rowperfect will loan you a RP3 to test out. All you have to do is complete a questionnaire about what you thought and ship the RP3 back after the trial.

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