

Rowperfect *your physical advantage*



The Revolution is Here

The Rowperfect represents a quantum leap in the history of indoor exercise. For the first time, the dynamics and superb rhythm of a floating racing boat can be experienced away from the water. As Baron Pierre de Coubertin, the founder of the Modern Olympics said, rowing is the most graceful of all exercises. Designed from the ground up by Casper Rekers, the unique, patented moving resistance mechanism, coupled with the Rowperfect flywheel, delivers the exact feel of a single scull – or joins with other Rowperfects to become a crew boat.

Whether you are a World Championship aspirant or a non-rower who wants to get fit fast – and stay that way – the Rowperfect represents the safest and most effective way to get where you want to go. Testimonials from previous World and Olympic champions attest to its effectiveness – it has been the “secret weapon” of many great rowers and crews.

Better; Safer

Numerous independent University tests have repeatedly proven the Rowperfect to be safer than conventional fixed head rowing machines. On a traditional ergometer, the rower strains against a fixed point, trying to “row” Mother Earth, or a boat which doesn’t move.

By allowing the resistance mechanism to slide, and introducing an element of balance to ensure equal loading of the spine, the Rowperfect consistently reduces the forces acting on the rower’s body, especially the forces acting on the knees and lower back at the beginning and end of the stroke. In addition, perhaps most crucially, the total weight of the sliding mechanism is matched to that of the single scull / portion of crew boat, ensuring the “feel” is exact and truly sport-specific.

Rowperfect

The Rowperfect Interface – Real Communication
Sick of ergo scores vastly biased to bigger people? Fixed head ergos by their very design are biased against smaller athletes – the Rowperfect takes the “level playing field” to new limits. With the Mark IV LCD interface, and on both the DOS and Windows versions of the Rowperfect software, ACCURATE OBJECTIVE WEIGHT ADJUSTMENT is a unique feature. Scores are calculated before display to give the most accurate measure of boat-moving ability

The Unshaken Brain – A Happier Workout
Rowing on traditional ergos results in excessive motion of the head, which may move more than 1metre in each direction each stroke - over 2 metres every stroke! The result is a shaken brain and central nervous system, and nervous fatigue is a real problem. On the Rowperfect, the only head movement is a gentle rocking motion – a reduction in head movement of up to 1.5 metres per stroke

Recent studies at the AIS show that power output during exercise can improve by up to 7% with the addition of music. For those who love to wear headphones when training the Rowperfect represents a quantum leap forward, another benefit of a smaller range of head

Bilateral Deficits – A Story of Unequal Halves
Bilateral Deficit is simply unequal strength or coordination of opposite limbs. We nearly all have one arm stronger than the other and we know which one. What we often don't know is that the same may be true for our legs and trunk – we use our legs unequally, perhaps stand unequally as a result, leading to lower back and other postural problems over time.

By rowing using ONE LEG AT A TIME (with the other foot resting on the floor) in combination with the Rowperfect Interface and qualified supervision, Bilateral Deficits can be identified and corrected. The implications for those with back pain or postural problems may be highly

Recovery After Injury/Surgery
This same unique Rowperfect feature – the ability to row one legged – has been successfully used by those recovering after injury or surgery to one leg, keeping the uninjured leg strong. Remarkably, even the injured leg benefits – maintaining strength in one limb actually results in nerve stimulation of its pair, a phenomenon known as

technical and sales information:

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Robust Construction

With a little regular maintenance, a Rowperfect will last many years. It is designed to withstand rigorous use by the world's fittest and strongest men. Rowperfects of the first series built in 1990 are still in use, and today's models are even more robustly constructed.



Casper Rekers - Rower and inventor of Rowperfect

UNIQUE TO Rowperfect SOFTWARE AND HARDWARE

1. ENERGY PER STROKE – an exact measure of the work (in Joules) done every stroke.
2. FORCE / LENGTH CURVE – true biofeedback (real time) of the force in Newtons acting on the handle
*Store, display and copy the strokes of great rowers
3. STROKE LENGTH – in centimeters – accurately vary your own stroke for an optimal result, or match stroke lengths within a crew.
4. EVALUATE SCREEN – A unique Logging Facility – graphs any two variables (eg. Power/stroke vs. Stroke Length) over time. Become more consistent, increase your potential in the most scientific manner
5. STROKER PROGRAM – Modify existing strokes saved in memory – vary the power and length up or down to suit rowers of different sizes.
6. EASILY LINKABLE – In less than 60 seconds, connect two Rowperfects, or multiples of two, to simulate crew boats – even on non-level surfaces.
7. SPORT SPECIFICITY – The Coach's dream – coach your crew (or yourself!) off the water, make real changes in minutes not years. And in testing – the rower must maintain technique during a test.
8. * DRIVE TIME – The actual time taken to take a stroke, expressed to within 1/100th of a second
9. *DRIVE RATIO – The ratio between the power and recovery phases of a stroke.
10. *DISTANCE PER STROKE – Learn the secret of great rowers – the simple idea of making the boat travel further every stroke – another FIRST from Rowperfect
**SIMULTANEOUS VIDEO AND FORCE CURVE ON
11. THE SAME SCREEN – On the new Rowperfect for Video Windows software, the evaluate screen can take a live video feed – focus on any aspect of technique for instant results – a picture is worth at least a thousand words!
12. Unique "Limited-Tilt Seat" optimises balance and equal loading of the spinal column.

*Mark IV and  (RP for Windows)

**  video (only)

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