

RSP ROW SPINNING



DESIGNED FOR THE TRAINING OF SPECIFIC FORCE IN THE OLYMPIC ROW.

The improvement of the specific strength application is today one of the basic pillars of any training program aimed at improving sport performance.

For many years the world of rowing has been researching and developing different means to train specific gestures on the ground, with ergometers you get a part of the job, related to the development of metabolic pathways at high intensity, however, the entire structural part related to the specific force still needed to be developed, how the athlete should apply it in magnitude and time is the goal with which we have developed RSP Row Spinning.

What is RSP ROW SPINNING?

It is a machine designed for the training of specific force in the Olympic rower.

RSP ROW SPINNING will allow us to increase the force in the specific rowing movement, because in few sports it is possible to resist the specific movement through external loads, having to resort to exercises of non-specific force such as squats and others, always far from the real sporting gesture.

The goal of this machine is to improve the first phase of the stroke, when the rower "catch" the water and it pushes to re-accelerate the boat. At this stage where the boat already has speed, it is particularly important that the rower can apply the greatest amount of force very quickly.

RSP ROW SPINNING has an axle specifically designed to accelerate in the first phase of the push, a defining moment to improve the speed of the boat and its performance.

RSP Row Spinning IS NOT AN ERGOMETER, IT IS A SPECIFIC STRENGTH TRAINING MACHINE OF THE ACTION OF ROWING.

Your goal is to push faster when you start the stroke



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RSP ROW SPINNING TECHNICAL INFORMATION

STANDARD EQUIPMENT

- RSP Row Spinning chassis.
- 4 Stainless steel masses.
- 2 Harken high load pulleys for a 1x2 transmission.
- 5 meters high performance rope with length regulator.
- Drawbar.
- Assembly manual.



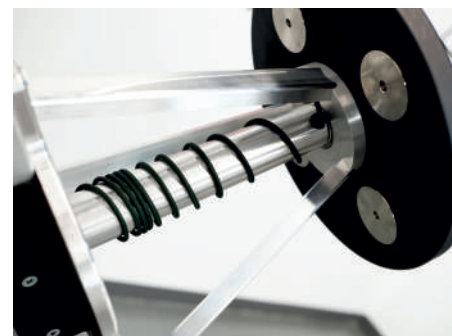
TECHNICAL SPECIFICATIONS

- Designed to improve the capacity to apply force in the specific rowing movement.
- 1x2 transmission that allows to increase the tension during the performance of the movement.
- Adjustment of the moment of inertia through the masses integrated in the disc, each mass represents a 40% of the moment of inertia.
- Quick adjustment of the rope outlet.
- Adjustable in height of feet.
- Height adjustment on the ropes' output.

Size: 215 x 64 x 75 cm high

Weight: 45 kg

Adaptations: Customisation for specific trainings.



Moments of inertia

without masses	2 masses	4 masses
184,44 Kg/cm ²	331,9 kg/cm ²	405,76 Kg/cm ²



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