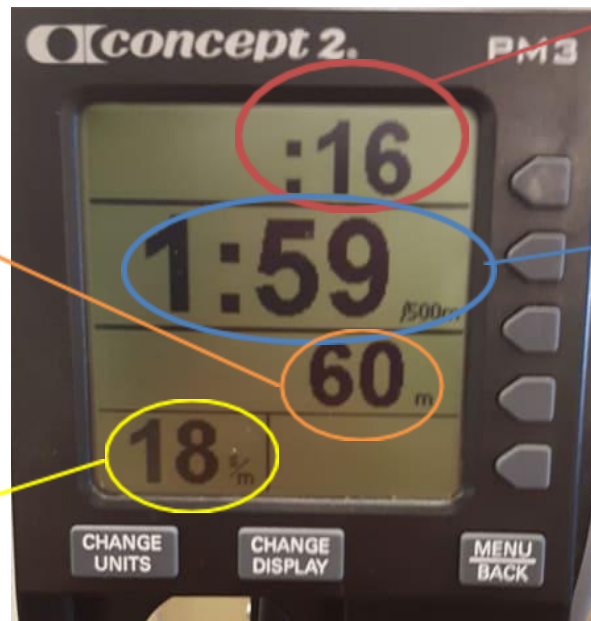


# Rowing Monitors 101

Below I have pictures of each of our screens on our two rowing machines we have at Cordata. These little explanations are aimed to help you better understand what each number means so you can get on one and have your best workout yet! (The top picture is almost identical to the rowing monitor on the machine Downtown).

**Meters.** This number how many total meters you have rowed. A typical race is 2000m. For a killer workout both mentally and physically, see you fast you can row 2000m in!

**SPM.** Strokes per minute (SPM), refers to how many strokes you take in one minute. This will fluctuate depending on how fast you are rowing. There is not a perfect number to always be at, it really depends on what your goal is!



**Time.** This is how long you have been on the machine for.

**Split.** This number shows your average split, or how fast you are rowing 500m. In this example, it's predicting I will row 500m in 1 minute and 59 seconds. It will vary each stroke depending on how much power you put behind it. If this number goes up, you did not push as hard as your last stroke; if it is lower, you pushed harder than your last stroke. If it stays the same, this means you are staying very even in the power you apply (that's good!).

