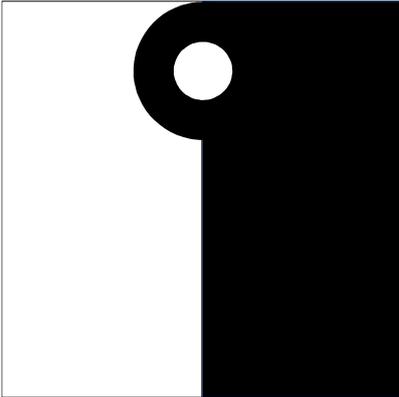
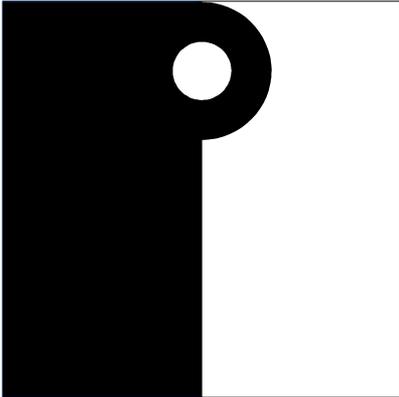
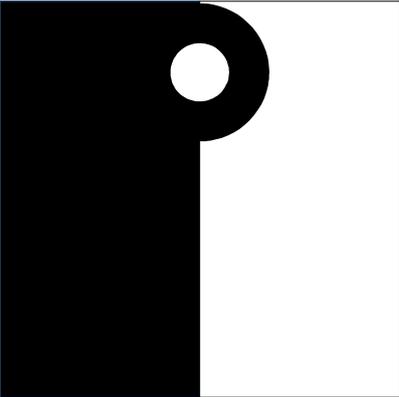
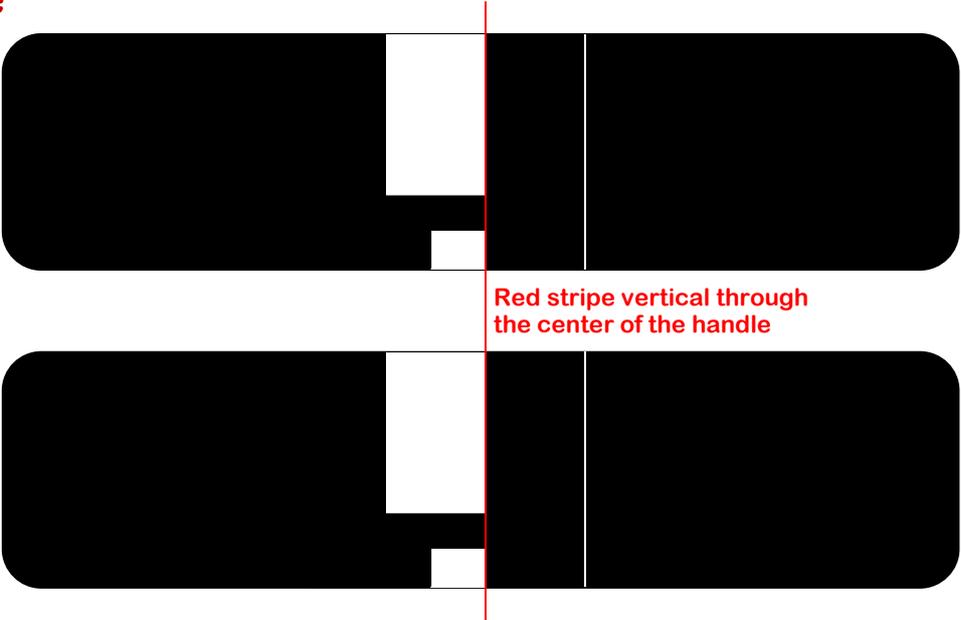


**Ergometer/feet**

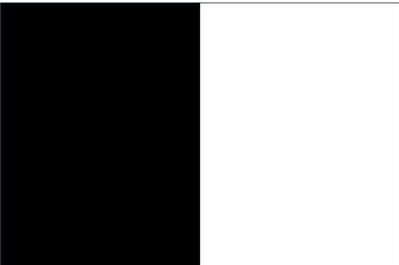


**Handle**

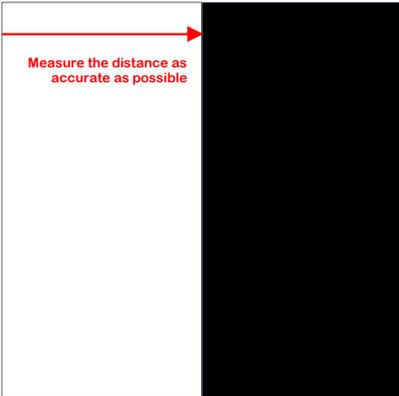
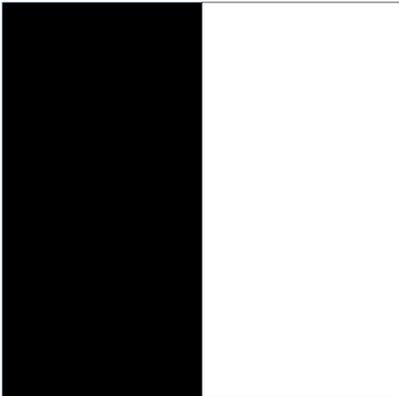
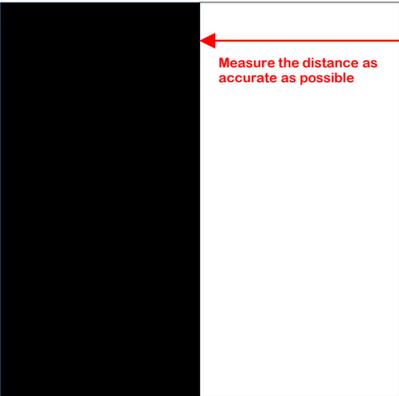


Red stripe vertical through the center of the handle

**Seat**



**Distance**



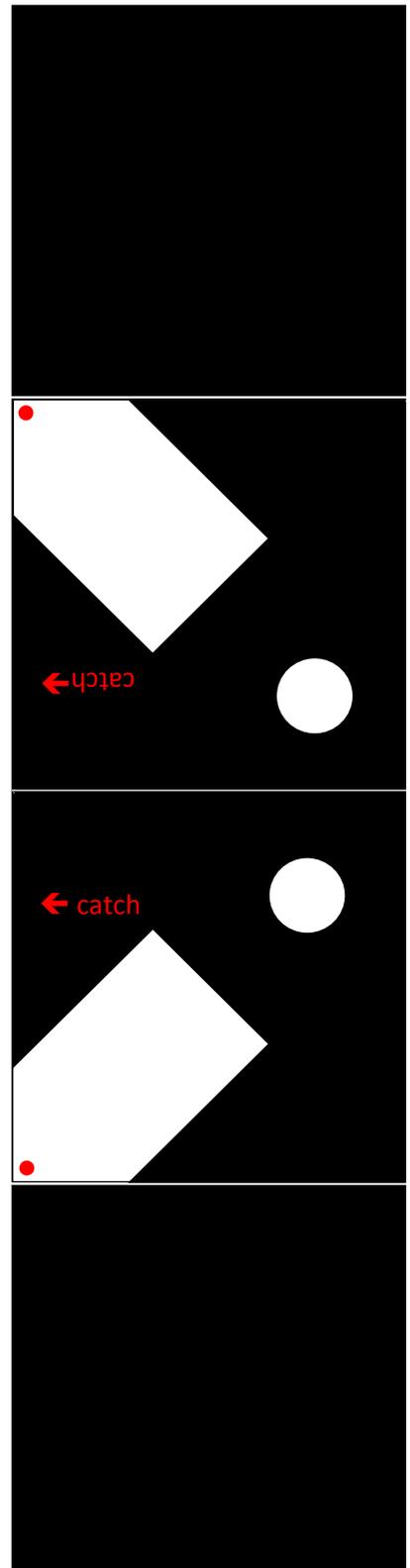
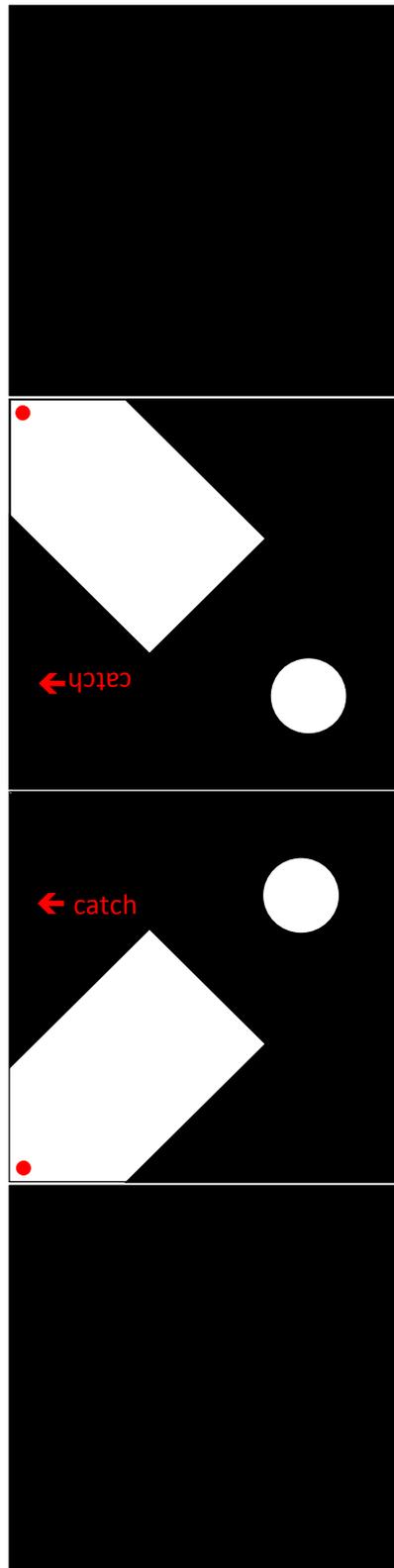
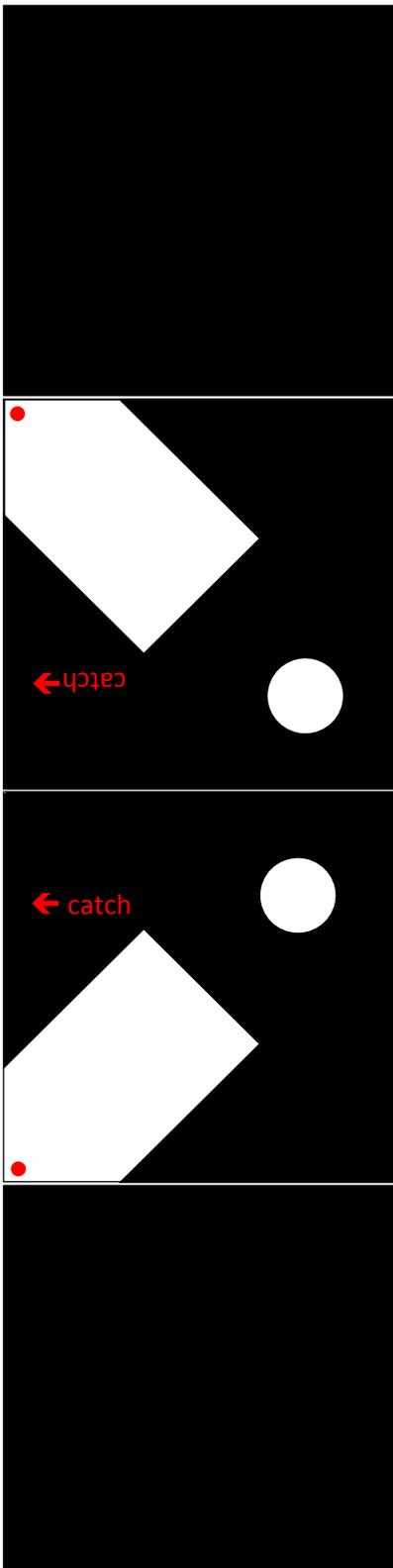
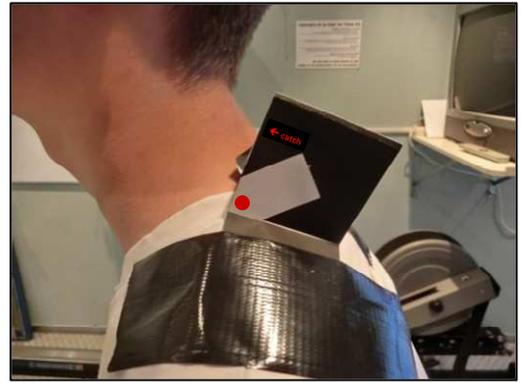
# Trunk marker

Fold the marker like this: 

Attach it with duct tape on the t-shirt of the rower.

Place it close to the neck facing the camera.

Place the red dot on the collar of the t-shirt.



# Mark a regular ergometer

Suitable for:

1. Regular ergometer and
2. ergometer on slides.

Place the three markers as shown on the ergometer drawings to the right:

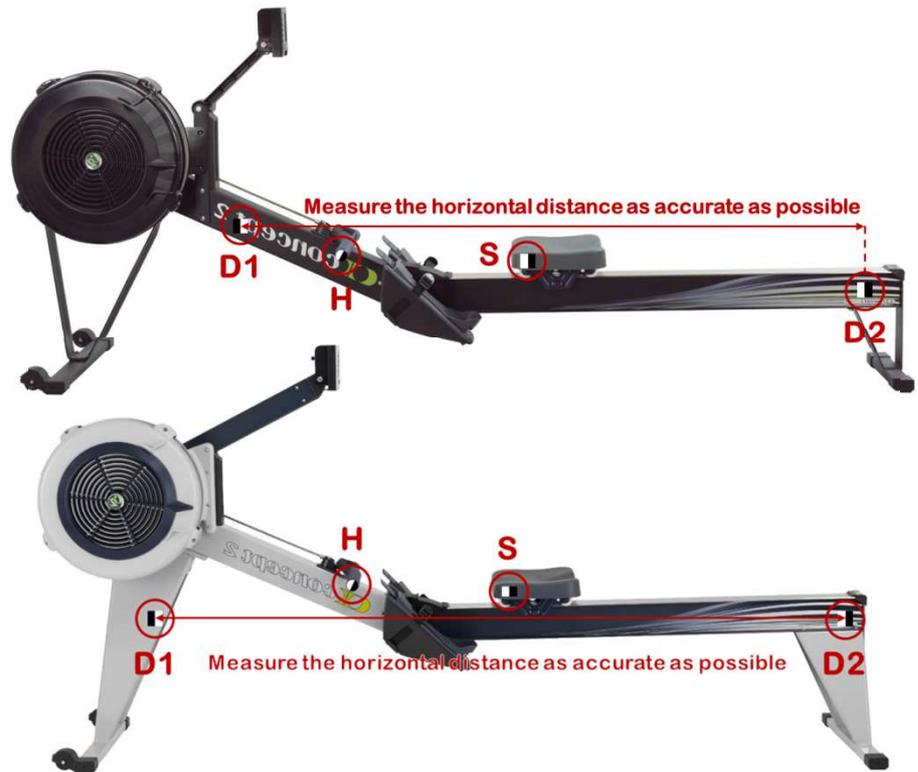
**H:** Handle

**S:** Seat

**D:** reference distance

Use the markers from this document.

Measure the reference distance horizontally in millimeters or 1/10 of an inch.



# Mark the rowperfect/dynamic ergometer

Suitable for:

1. Rowperfect ergometer and
2. Concept2 dynamic.

Place the four markers as shown on the ergometer drawings to the right:

**E:** Ergometer

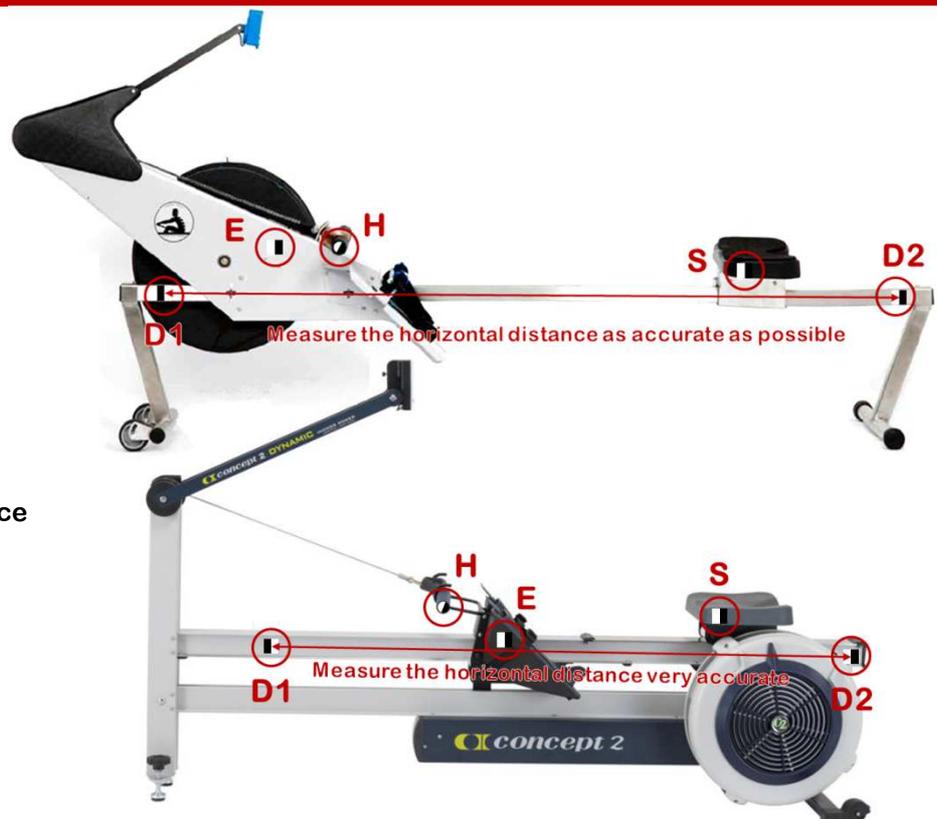
**H:** Handle

**S:** Seat

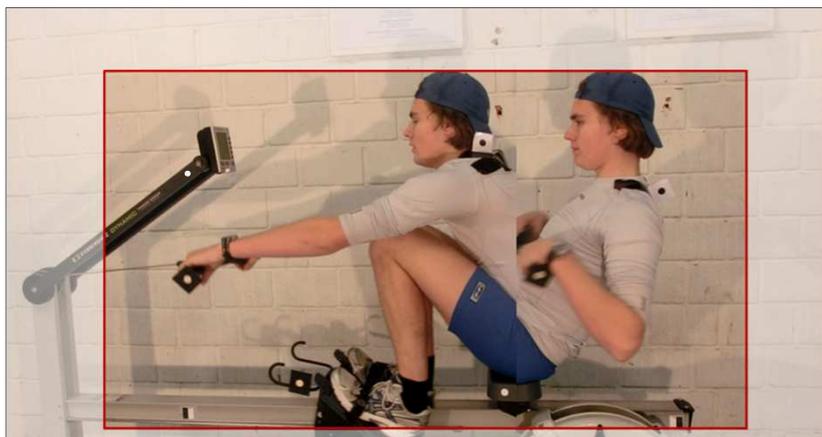
**D:** reference distance

Use the markers from this document.

Measure the reference distance horizontally in millimeters or 1/10 of an inch.



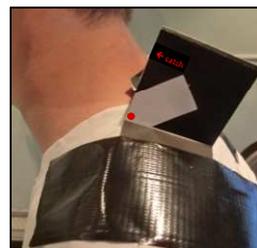
# Prepare for videoing



Bring the camera as close as possible so that the rower is entirely visible and all the markers are permanent in view.

## Important do's and don'ts:

1. Every phone/camera is suited
2. Take the highest resolution
3. Don't use interlacing video format
4. If possible use a tripod
5. Video perpendicular
6. All markers always in sight



Tape the trunk marker close to the neck, with the red dot on the collar of the t-shirt facing the camera.

## Check before filming:

Trunk marker okay? All markers in sight? Camera on?

# Start filming!

## Important do's and don'ts:

1. Not higher than stroke rate 30, and for race rowers not lower, because this pace gives the most useful information.
2. Don't forget the trunk marker.
3. Record ten strokes on video, we will use five.
4. A tired rower can not make the stroke look better, so start videoing after the first minute of a 500m.
5. Clearly call out the wattages or 500m split times, so that they are hearable on the video audio.

## Convenient order:

1. Use transparent tape to put the markers on the ergometer.
2. Measure the reference distance as accurate as possible.
3. Attach the trunk marker with duct tape in the rowers neck.
4. Ask the rower to row and check if the markers stay in the camera viewfinder.
5. Tell the rower to start rowing.
6. After approximately one minute turn on the video recording.
7. Video ten representative strokes in stroke rate 30 (if applicable), and call out the wattages or split times during these strokes.

## Take with you and prepare:

- ✓ These instructions
- ✓ Printed markers
- ✓ Pair of scissors
- ✓ Transparent tape
- ✓ Duct tape
- ✓ Tapeline
- ✓ Pen and paper
- ✓ Camera/smartphone

## Write down or remember:

- ✎ test date;
- ✎ reference distance;
- ✎ name;
- ✎ gender;
- ✎ birthdate;
- ✎ length;
- ✎ weight.