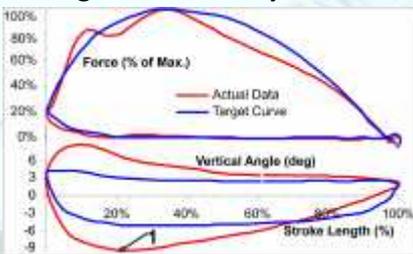




The founder of BioRow™ Ltd. consulting company Dr. Valery Kleshnev has had more than 25 years experience of working with the world's rowers, a dozen Olympic champions among them, and more than 40 world championship medallists. Biomechanical information of the world's best rowers and many other crews is continuously accumulating and is regularly analysed, which allows obtaining new knowledge on effective technique. This knowledge has helped many rowers to improve their technique and performance.

Now this vast experience and knowledge becomes available for every rower and coach, who wants to understand rowing Biomechanics better and make their technique more effective. BioRow™ seminars have already successfully taken place worldwide from China to America.

Depending on the number of participants and requirements, the seminars could take from one to two days. Firstly, the participants receive the base knowledge on the main biomechanical principles of effective technique. Then, the rowers could be tested with the BioRow™ telemetry system in any boat from a single to an eight. During the analysis and feedback session, detailed



recommendations on technical improvement will be given to every rower, and then they have a chance to go on the water again and try to make positive changes. To make it even more effective, the boat may be equipped with a tablet PC for immediate feedback on their technique in comparison with target curves. Finally, the results of the second session are compared with the first one, changes numerically defined, delivered to participants and recommendations are given on further technique perfection.



Olympic champion Morten Jorgensen (Denmark) working with BioRow™ system in real time feedback mode with a tablet PC.

N	TYPICAL SEMINAR PROGRAM	Duration:	1 Day	2 Days
1	Introductory lecture on basic biomechanics principles for effective technique		2 hours	2-4 hours
2	Initial water testing using the BioRow™ telemetry system		2 hours	4-6 hours
3	Analysis of the testing results, feedback session with individual recommendations on technique improvement		2 hours	2-4 hours
4	The second water testing, possibly with immediate feedback using tablet PC		2 hours	4 hours
5	Analysis of the changes, final discussion with recommendations on further technical improvements		1 hour	2 hours
	Total duration:		9 hours	18 hours
	Maximal attendees at the lectures		Not limited	
	Maximal number of rowers tested:	In singles	4-6	8-10
		In doubles and pairs	8	16
		In fours and quads	12	24
		In eights	24	48
	Cost of the seminar (in total) (Travel expenses are not included)		£600	£1000

We do hope that our BioRow™ seminars will help you to improve your rowing technique and achieve better results in races!