

Custom Measurement Guide



Gender (M of F)

Year of Birth (year)

Race Category (Novice, Intermediate, Senior, Elite, Masters)

4. Race Weight (lbs)

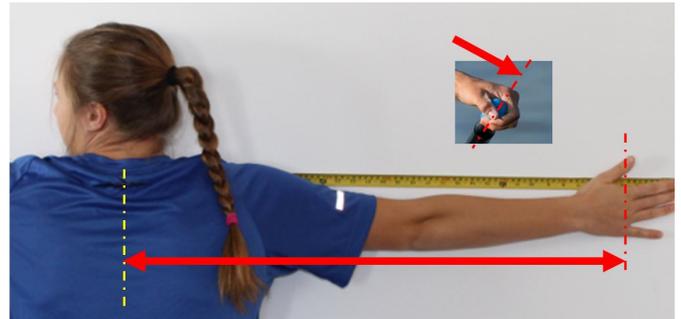
5. Shoe Size (US shoe size)

6. Standing Height (without shoes)

7. Seat to Shoulder Height Sitting with normal boat posture measured from the seat to top of shoulder



8. Sleeve Length standing with arm straight out, measured from centre of back (spine) to knuckles.



9. Shin Length (right and left)

Sitting on a low step 8 to 10 inches high. Measurement is from the floor to the top of the knee. Both shins must be measured as they are not always the same.



10. Inseam Length Standing with feet together as in boat. Measured from the floor to part of the body where the legs come together (crotch).



11. Ankle flexibility Standing leaning forward as far as possible with one leg back and foot straight, heel kept on the floor. This is measured in degrees from the perpendicular to the leg. Use an angle finder tool. (or send picture)

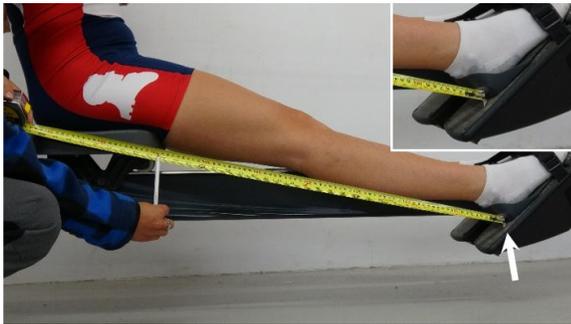


12. Stroke Length Erg This is the distance of the handle movement between the catch and finish positions.



14. Seat Travel The measured distance the seat moves from catch to finish (see above)

13. Heel Cup to Front Seat in Finish Position sitting on the erg in the finish position. The measurement is taken from the heelcup to the front of the seat.

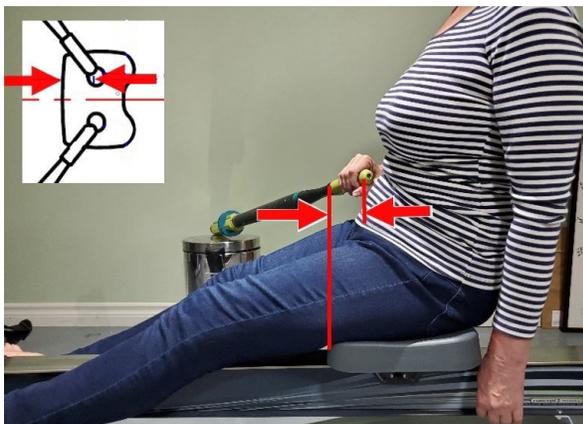


15. Heelcup to Front of Seat at Catch Measure **horizontally** from heel cup to front of seat in catch position.

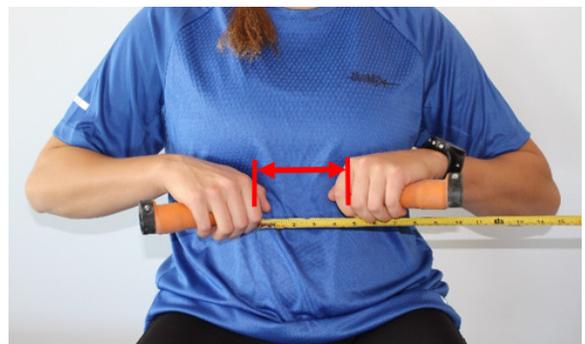


16. Heelcup to Seat Height Measure **vertical** distance of heelcup below seat top. (footstop height)

17. Oar Handle to Front Seat The **horizontal** distance between the end of the oarhandles in the finish position and the front of the seat.



18. Oarhandle Finish Split Distance The distance between the oarhandles when the athlete is in the finish position.



19. Race Power Erg Score. Time for 1k or 2k erg at race intensity on Concept 2 Erg

20. Target Race Rate Typical (target) stroke rate when you are racing on the water

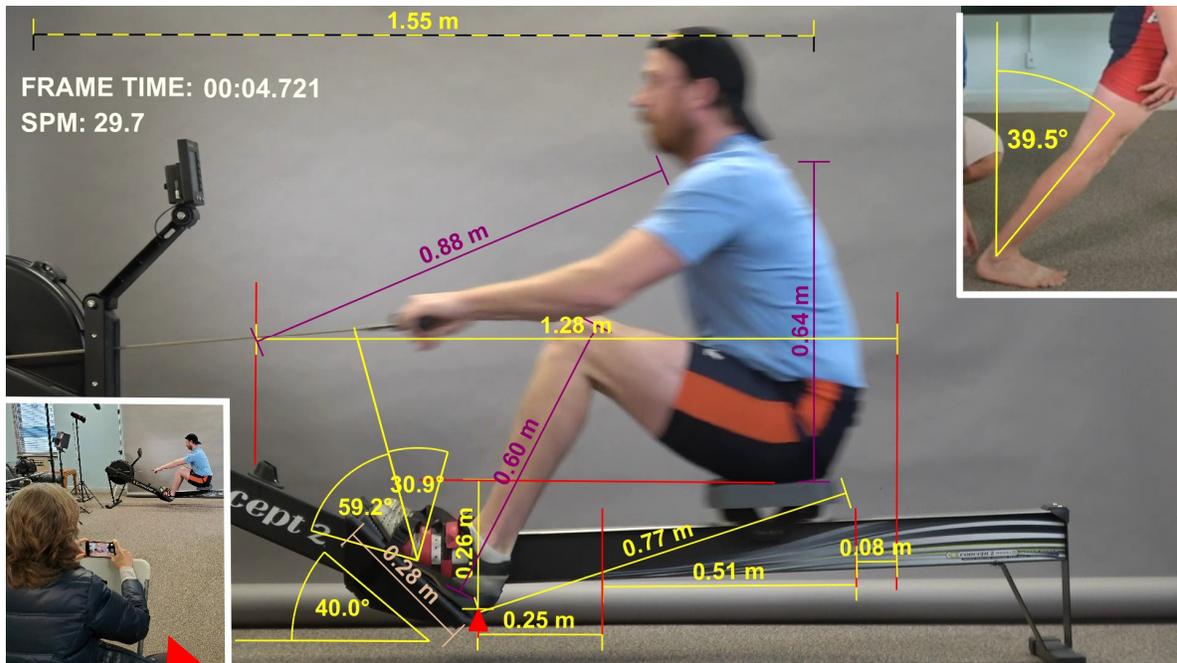
22. Oar Information a. make, b. blade type, c. minimum length, d. maximum length, e. flex. All information found on sticker on back of Concept 2 shaft.



21. Footstop Dimensions If your current footstop splay angle is comfortable submit measurements; a. length of shoe, b. distance between heels, c. distance between centreline of shoe at toes



23. Video Capture on Erg record five strokes rowing at race rate and race pressure. Row with technique as in a boat and do not over reach or extend layback.



Smartphone setup

1. set perpendicular to erg
2. 10 to 15 feet from the erg
3. capture athlete and erg in video view screen
4. hold smartphone stationary on support