

Relationship between body mass components and rowing performance

Cross-sectional view of a skeletal muscle showing three muscle fiber types (I, slow twitch fibers; IIa, fast twitch trained fibers; IIx, fast twitch untrained fibers)

Calculation of rower's centre of gravity over waterline during recovery phase

Rate of oxygen uptake as a function of shell velocity for single scull oarsmen

Trainability of the human organ system to optimize oxygen consumption and rowing performance

Rate of oxygen uptake and heart rate values over 2000m race

Hemoglobin molecules

Quadrant and graphs showing the evolution of different rowing styles and their respective power curves

Picture of woman single scull showing the pairs of action/reaction forces internal to the rower-boat-oar system



The racing times for the single scull women and men olympic gold medal winner can be found in the water surrounding the buoy representing those olympic games

Detailed explanation of the rowing shell acceleration curve over the stroke cycle based on the forces in the rower-shell-oar system. Each of the phases of the stroke-cycle is captured in pictures of women single scull rower.

Buoys show the designs of the olympic gold medals from Tokyo 2020 back to Munich in 1972 (excl. the 1980 olympics in Moscow due to boycott)

Geometry and variables in the rower's workplace

Biomechanics parameter of rowers body components in different micro-phases of the stroke cycle

Graph showing history of winning times in mens single scull racing

Measurements and proportions of the elite rower's body

Table with mean body dimensions for international female and male rowers

Explanation of the relationship between rower power, boat drag, and boat speed