



## BioRow Ltd. - Rowing Technique Specialists

*Develop your ideal Rowing technique with BioRow Ltd. Biomechanics Lab.!*

### How much it could cost?

The price may vary, which depends on:

- ? The level of complexity,
- ? Boat type: testing of one rower in a big boat is cheaper than in small boat, rowing is cheaper than sculling.
- ? Number of rowers and boats tested during one session: testing many crews in the same boat is cheaper than in their own boats.

Below are examples of quotes:

### Mass testing in an eight.

Three crew combinations in the same 8+ boat,

**Measurements:** oar angle, handle force, seat velocity, boat velocity and acceleration, boat pitch and roll;

**Protocol:** 4 by 250m (or 1 min) step rate;

**Time expenditure:** boat setup - 2h, testing -3h, equipment removal and report preparation - 2h, feedback session - 1h. Total 8h.

**Feedback report:** One page per rower + 2 pages per crew;

**£24** per rower \* 24 rowers = £576

### Mass testing in a quad.

Three crew combinations in the same 4x boat,

**Measurements:** oar angle, handle force, seat velocity, boat velocity and acceleration, boat pitch and roll;

**Protocol:** 4 by 250m (or 1 min) step rate;

**Time expenditure:** boat setup - 2h, testing -3h, equipment removal and report preparation - 2h, feedback session - 1h. Total 8h.

**Feedback report:** One page per sculler + 2 pages per crew;

**£48** per sculler \* 12 scullers = £576

### Mass testing in a single.

8 scullers in the same 1x boat,

**Measurements:** oar angle, handle force, seat and trunk velocity, boat velocity and acceleration, boat pitch and roll;

**Protocol:** 6 by 250m (or 1 min) step rate;

**Time expenditure:** boat setup - 1h, testing -5h, equipment removal and report preparation - 2h, feedback session - 1h. Total 9h.

**Feedback report:** 10 pages per sculler;

**£72** per sculler \* 8 scullers = £576

### Specific testing in a pair.

Two crews combinations in their own 2- boats,

**Measurements:** oar angle, handle force, seat and trunk velocity, boat velocity and acceleration, boat pitch and roll;

**Protocol:** 6 by 250m (or 1 min) step rate + 2000m race;

**Time expenditure:** boat setup - 2h, testing -3h, equipment removal and report preparation - 2h, feedback session - 2h. Total 9h.

**Feedback report:** 5 pages per rower + 5 pages per crew;

**£144** per rower \* 4 rowers = £576

### Specific testing in a double.

One crew in their own 2x boat, Two sessions.

**Measurements:** oar angle, handle force, seat and trunk velocity, boat velocity and acceleration, boat pitch and roll, video-analysis;

**Protocol:** 1<sup>st</sup> Session: 6 by 250m (or 1 min) step rate + 2000m race;

2<sup>nd</sup> Session: Technique improvement using real time feedback.

**Time expenditure:** boat setup - 2h, testing -2h, equipment removal and report preparation - 2h, feedback session - 2h. Total 8h.

**Feedback report:** 5 pages per sculler + 5 pages per crew;

**£288** per sculler \* 2 scullers = £576

### Would you like even cheaper prices?

Regular testing of athletes and crews are cheaper and provides even greater benefits, because the direct comparison of results is provided and you can track improvement of your technique.

If you book and pay in advance it will cost you:

! Two sessions 5 % cheaper.

! Four sessions 10% cheaper,

! 10 sessions 20% cheaper,

On longer term contract you can save up to 30%.

Please contact us for an obligation free quotation.

### Contact Us



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