



## Why join RowFit Motion?

### I am doing RowFit why would I benefit from yoga?

- Yoga will help you to perfect your posture on the rower. All the final touches of keeping your shoulders open on the catch position or keeping your back and core engaged on the drive and finish phases will be targeted in this workout.
- The dynamic flow exercises incorporating balance exercises will improve your muscles strengths and achieve a fluidity of movement and relaxed breathing.
- You will finish the workout with a full body stretch that will improve your flexibility and relax your muscles (hamstrings, back, shoulders, etc...).

### I am doing yoga why would I benefit from rowing?

- You will activate the muscles used to pull and that will balance out all the pushing action you're doing in your yoga practice.
- While you tend to mostly stretch the posterior chain in yoga, with rowing you strengthen these muscles (lower body: glutes, the hamstrings, calves. back muscles: latissimus dorsi, trapezius, rhomboids).
- The rowing intervals will bring your endurance to a new level

Looking forward to training with you!

Clelia & Clarence