

# The Complete Guide To Indoor Rowing Complete Guides

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The publication of this comprehensive guide to indoor rowing attests to the fact that indoor rowing is growing in popularity - not just in the US.

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Rob Cree has kindly written a review of the book: The Complete Guide to Indoor Rowing by Charles Simpson and Jim Flood. Here s what he has to say:

We know we have many POWERbreathe friends and users who re also indoor rowers, and with that in mind we thought we d bring to your attention this Complete Guide

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