

The Complete Guide To Indoor Rowing Complete Guides

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The Complete Guide to Indoor Rowing. Jim Flood, Charles Simpson.

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Indoor rowing has become immensely popular as a form of fitness training and has also taken off on a competitive level. This is a comprehensive guide on the subject

Indoor rowing machines (or ergometers) were once used only by outdoor rowers during their winter training. Over the last twenty years however the benefits of indoor

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About The Complete Guide to Indoor Rowing. Indoor rowing machines (or ergometers) were once used only by outdoor rowers during their winter training.

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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