

This is

# WILIS™



## the rower's balance trainer

- 
- Benefits:**
- \* Unites balance training with your erg workout
  - \* Challenges every skill level from novice to elite
  - \* Enables a gradual learning curve as your skill improves
  - \* Matches the lateral instability of any shell
  - \* Helps identify balance errors anywhere in the stroke cycle
- 

**The Product:**

- \* WILIS mounts your erg on two cradles, one under the front erg foot and one under the rear erg foot
  - \* The cradles can be raised or lowered on the suspended swing arms
  - \* Raising the cradles raises the center of gravity of the rower relative to the fore and aft pivots, increasing the balance challenge
  - \* The lowest setting is the easiest -- for novices with little or no experience on the water
  - \* The higher the cradles are raised, the more like a single WILIS behaves
  - \* Without assistance from oars, all balance must be exercised from your core muscles and correct use of the footboards
  - \* The inclinometer mounted in front of the erg provides visual feedback in degrees of tilt to Starboard or Port
  - \* Roll limiters prevent the erg from tilting too far and allow two settings
- 

**Technique**

**Gradual balance skill development:**

- \* Start by setting the erg support cradles low enough on the swing arms so that you are able to maintain your balance between 5° Port and 5° Starboard. If you cannot workout without hitting the roll limiters, then lower the setting.
- \* As you improve and can maintain balance within just a degree or two, then raise the cradles a notch to increase the balance challenge. Make sure the fore and rear cradles are set at the same level. Move each one up incrementally to avoid getting them bound up on the swing arm
- \* Once you reach your target balance challenge level, you can focus on identifying and eliminating balance errors associated with specific points in your stroke cycle

**Correct balance errors in the stroke:**

- \* Once you can maintain your balance within just a degree or so and get a good workout, start watching the inclinometer closely as you go through each stroke cycle
- \* Observe patterns of small but repeated tilt to the same side at the same point in the stroke (eg to Port at the Catch, to Starboard at the Finish, etc)
- \* Finding and eliminating these errors will cut the distance you are covering on the water and improve your time

---

WILIS™ is a product of Row Balance, Inc., PO Box 2007, Springfield, VA 22152.  
For more information on purchasing, educational discounts, volume discounts or other inquiries, contact us at [info@rowbalance.com](mailto:info@rowbalance.com) or 703-969-5773.  
Visit our website at:

[www.rowbalance.com](http://www.rowbalance.com)

Who says 'Ergs Don't Float'?

