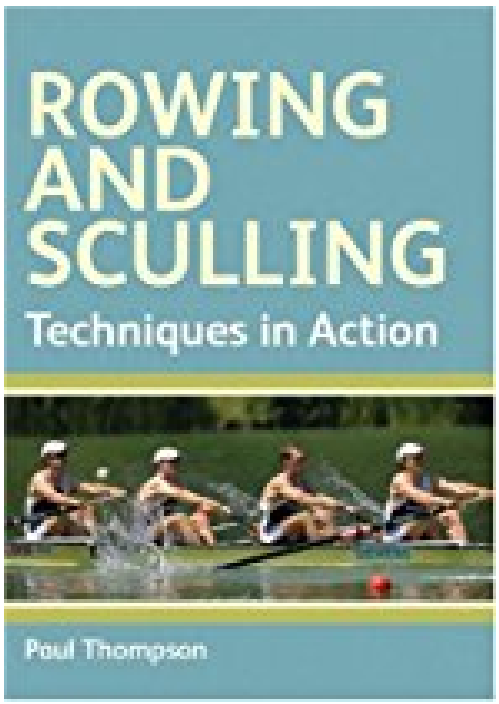


Rowing and Sculling: Techniques in Action (Crow)

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Rowing and Sculling: Techniques in Action (Crow)

Presented by a successful rowing and sculling coach, this film gives you an opportunity to see the techniques of Britain's best rowers in training and to hear tips and advice from them and their coaches. It includes topics such as: biomechanical principles of rowing and sculling, stroke components, and rowing and sculling exercises.

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