



# ROW WITH THE PROW

An innovative seat pad designed for optimized rowing



# What is ProW?

The ProW has an innovative shape that relieves bottom pain and helps improving your rowing workout. It differs from conventional rowing seats in several ways:

- The ProW has a 'saddle'/projection in the middle, and the holes are elliptical to create optimal pressure distribution.
- The ProW has an opening for the tailbone and a projection in the back to help improving your technique. The projection simply makes it easier to sit up in the finish and go from stroke to recovery phase.
- Hard rowing seats often hurt, slip and slide causing frustration and a disrupted and spoiled workout session. In contrast, the ProW is produced in a flexible material and has a non-slip surface
- increasing the comfort and effectiveness of your performance.
- ProW accommodates various body forms and pushing techniques, which otherwise can result in numb legs, pain and injuries.
- ProW is developed and tested by Olympic Champions and World Champions. Together, Eskild Ebbesen, Steffen Bonde and Jacob Barsøe have used almost 50 years of experience and knowledge from rowing to develop the unique seat which has also undergone supervision from an orthotist and a physiotherapist.







*"Long ergos have always been a tough during my rowing career. After 10-15 minutes, I would start shifting around trying to find a more comfortable position. When you sit on an ergo for 90 minutes, sometimes more, it becomes very painful. In February 2015, I had back surgery. I recovered well thanks to a strict rehabilitation protocol and an amazing support team. Going back to full training in the boat and on the ergometer was going to take more than just my will power and dedication.*

*Since my surgery, I have been using the Citius Remex Seat Pad, and it is a life changer. No more sore buttocks or tight back, I can sit on the erg for hours without feeling uncomfortable. It is a real revolution in the world of rowing, and we can clearly see that technology combined with years of rowing experience helped creating a very functional product. A real success story."*

**Julien Bahain, Olympic and World Medallist**

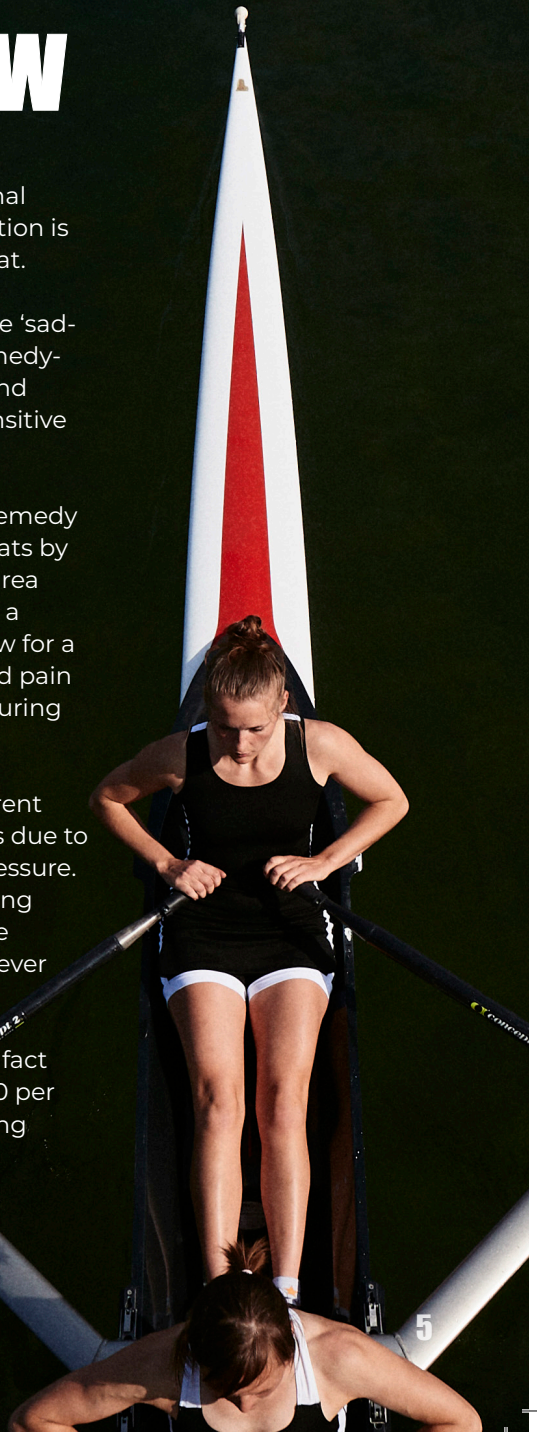






# How to use your new ProW

- ProW can be used on top of conventional rowing seats, however, its optimal function is on top of a regular Concept2 rowing seat.
- Place the ProW on top of the seat so the 'saddle' puts pressure on the perineum remedying the pressure on the sitting bones and thereby relieving pressure from the sensitive sciatic nerves.
- The shape of the ProW is designed to remedy problems from conventional rowing seats by redistributing the pressure to a larger area resulting in significant less pressure on a single area. This makes it possible to row for a much longer time without irritation and pain making the ProW especially valuable during long training sessions.
- In the beginning it may feel quite different and unexpected using the ProW. This is due to the redistribution of the weight and pressure. It takes a little while to get used to rowing with ProW, but once accustomed to the shape, it is highly unlikely that you will ever row without your ProW again.
- A unique advantage of the ProW is the fact that it adapts to your bottom with 10-20 per cent simply by use – like a pair of running shoes.





# Designed for your individual needs

## **EASIER TRANSITION**

- For an easier transition and adaption to the shape of the seat, ProW includes an adjustable hardness for the 'saddle'. The middle section can be adjusted by adding wedges into a hole on the backside of the ProW.
- The wedges come in three different hardnesses making you able to adjust the seat to your own needs.

## **THINGS TO BE AWARE OF BEFORE USING THE PROW**

- You should expect 3-5 training sessions before getting used to the ProW seat.
- A material used in the production of the seat makes the surface smooth in the beginning. By approximately 5 training sessions, this surface will disappear giving the ProW a non-slip finish.

## **IMPROVED FASTENING TECHNOLOGY**

- One piece of velcro is attached on the back of the ProW. Additional pieces are in the box. Simply mount the detached velcro parts in your boat and under the wedge, and then you can easily move the ProW from the boat to the erg.





**CITIUS  
REMX**

*Do not be afraid to use ProW in the boat. Just mount the ProW on top of the existing seats using velcro or double adhesive tape.*



# Thank you for your support

For more information go to  
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You can contact us at  
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We hope you will follow us on social media and  
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