

USRowing Men's Combine

Performed by the US Men during February for fun. Coaches Brian Volpenhein & Luke McGee

Video of the 2014 Combine:

<http://www.row2k.com/features/813/The-Training-Center--Episode-5---The-USRowing-Combine/>

Events:

Max Watt Erg (5 strokes)

Vertical Jump

Bench Pull

Bench Press (reps in 1 minute with 135 lbs)

Sled Pull (15 feet with 135 lbs)

Tire Flip (15 feet)

Pull Ups

Shot Toss (15 lbs)

Standing Broad Jump

40 yard Dash

Mile Run