



Pedalling Technique for the Revbox Erg

Aim: To make each pedal stroke more powerful for a given amount of effort and reducing the 'dead spot' in your pedal stroke.

Guidelines:

There are two phases – up stroke ('kick') and down stroke ('scrape').

'Kick' instructions: Imagine kicking a soccer ball with your foot, from the top of the pedal stroke.

'Scrape' instructions: At the dead centre bottom of the pedal stroke imagine scraping mud off the bottom of your shoe.

Begin with focussing on one stroke on one leg over a period of time as short as 30 seconds, then taking a break from focussing on the pedal stroke but continuing to pedal (consider this your recovery interval).

For example:

5 minutes of 30 seconds left leg 'kick': 30 seconds recovery (5x total)

5 minutes of 30 seconds left leg 'scrape': 30 seconds recovery (5x total)

5 minutes of 30 seconds right leg 'kick': 30 seconds recovery (5x total)

5 minutes of 30 seconds right leg 'scrape': 30 seconds recovery (5x total)

Once you become proficient focus on both strokes on one leg or one stroke on both legs, eventually focussing on both strokes on both legs.

For example:

5 minutes of 30 seconds left leg 'kick' and 'scrape': 30 seconds recovery (5x total)

5 minutes of 30 seconds right leg 'kick' and 'scrape': 30 seconds recovery (5x total)

5 minutes of 30 seconds both legs 'kick': 30 seconds recovery (5x total)

5 minutes of 30 seconds both legs 'kick' and 'scrape': 30 seconds recovery(5x total)

For more information on 'ankling' (scraping) click on these links:

[ankling 1](http://cyclingtips.com/2009/11/ankling/) (<http://cyclingtips.com/2009/11/ankling/>),

[ankling 2](http://cyclingtips.com/2009/05/more-on-ankling/) (<http://cyclingtips.com/2009/05/more-on-ankling/>) and

[ankling 3](http://cyclingtips.com/2009/05/efficiency-of-pedal-stroke-ankling/) (<http://cyclingtips.com/2009/05/efficiency-of-pedal-stroke-ankling/>)