Conshohocken Rowing Center offers 2 options to help with testing on the ergometer.

**Erg Clinic - Package**

**$700**

7-session progression to help reach your 2k Test Goals

- Individual Athlete Assessment
- Tricks & Technique to help efficiency
- Testing Strategy
- Develop a personal 2k erg test plan with our coaching staff

**Erg Clinic - Single Session**

**$150**

An individual session to set you on the path to reach your erg Goals

- Individual Athlete Assessment
- Erg Technique
- Testing Strategy
- Framework for a 2k erg test plan

email us for more details rowingcrc@gmail.com