

Shox-Box Frequently Asked Questions (FAQs)

Additional questions and answers will be posted over time. Do you have a question? Submit it to info@shoxbox.biz

1. Question: Does the Shox-Box work with rowing machines other than the Concept2 erg?

Answer: The Shox-Box system is only approved for use with the Concept2 rowing machines Models B, C, D, and E.

2. Question: Does the Shox-Box system work with the Concept2 Dynamic Erg?

Answer: NO. The Shox-Box system does not work with the Dynamic Erg, at this time.

3. Question: Does the Dynamic or C2 slides relieve pressure off the back like the Shox-Box?

Answer: NO. The Dynamic Erg and C2 slides only reduce the horizontal forces that the body generates at the catch and finish. The Dynamic Erg and all other Ergs, including the C2 Erg with slides, do not reduce the vertical forces that the body generates like the Shox-Box, which are the main components in the repeated back compression a rower experiences every stroke.

4. Question: I don't have a bad back, why should I use the Shox-Box?

Answer: To *perfect* your technique, to *strengthen* your core & oblique muscles, and *prevention*. Studies have shown that increased ergometer training volumes have led to a significant increase in back pain along with other injuries. The Shox-Box system allows the erg to move vertically which *comforts* your back, neck, shoulders, knees, and hips throughout the stroke.

5. Question: Does the floor need to be level under the Shox-Box system?

Answer: YES. It is important that the Shox-Box system is level side-side for the placement of both boxes.

6. Question: What if my floor isn't level? What can I do?

Answer: Using a small carpenter's level and 1/8 inch thick rubber sheets cut into 4 in wide x 7in long strips, place enough strips under the side that needs raising to bring the box level. Rubber sheeting is recommended to keep the box from sliding during use. 1/8 in rubber sheets can be purchased at most any Hardware Store.

7. Question: Will the Shox-Box affect my erg score?

Answer: YES. Since the Shox-Box provides a boat-like experience, it does make it harder to get your split times down initially. It is common knowledge that when rowing on the water the 500m split times are about 10-15 sec slower than on the Erg. This is due to the added compliance the boat, oars, and water provides. We have observed about a 2-4 second addition to the split time. While the split times are initially higher with the Shox-Box, train with them 98% of the time and then when it is time to be tested or compete at an indoor event simply row without them - you should see a split time reduction. To get re-acclimated before testing or competing, row at least one workout without the Shox-Box.

8. Question: Should the Shox-Boxes be removed from the erg when not in use to extend the life of the springs?

Answer: NO. It will not harm the springs if you leave the erg in the Shox-Boxes in between uses.

9. Question: Does the Shox-Box stop the C2 erg from moving across the floor?

Answer: The Shox-Box feet are spaced far apart giving greater traction than the C2 feet. But like the C2 feet, over time the Shox-Box feet get dirty from use and they will tend to slip. If you keep the Shox-Box feet clean, they will hold on most floors.

10. Question: Why is the spring set-up different on the Front Shox-Box than on the Rear Shox-Box?

Answer: The Front Box springs are configured specifically to compensate for the offset weight of the flywheel.

11. Question: Does the Shox-Box work with C2 slides?

Answer: YES. We offer a C2 slide bracket kit, sold separately, for the Shox-Box which attaches the Shox-Box to the cross strut on the C2 slide.

12. Question: I use C2 slides - how many slide bracket kits do I need to use the Shox-Box?

Answer: One per Shox-Box. If you purchase a Shox-Box system, which consists of a front and rear Shox-Box, you will need 2 slide bracket kits to use the system on the Concept2 slides.

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13. Question: Does the Shox-Box work with the Core Perform?

Answer: The Shox-Box system has not been tested with the Core Perform; therefore, we cannot recommend using the Core Perform and the Shox-Box system together.

14. Question: What's the difference between the Core Perform and Shox-Box?

Answer: The Core Perform only provides side to side roll motion with no compliance. Plus, the Core Perform moves your body but your legs/feet remain stationary. With the Shox-Box and in a boat, the side to side roll motion happens to the entire rower and therefore has no extra twisting motion. The Shox-Box System, in addition to providing side to side compliance, also provides pitch compliance at the catch and finish that closely simulates what a boat does on the water. This saves wear & tear on your back, neck, knees, hips & shoulders while focusing you on your technique.

15. Question: Doesn't just good technique take care of the downward force on an erg?

Answer: NO. While proper technique can reduce the accelerations from the arm and shoulder motions, it cannot eliminate the reversal of the torso's velocity as the body completes the finish and initiates recovery. The dominant component for the axial compression is the one with the most mass and a significant distance from the hips (point of pivot). While the arms and shoulders are remotely located from the hips, the torso is 60% of the moving mass at approximately the same distance from the hips as the arm/shoulders and is therefore the dominant source for the axial compression.

16. Question: If I'm 'hanging on the handle' or rowing vertically I'm not really rowing on the seat so I don't need this vertical shock absorption, do I?

Answer: YES, YOU DO. Even when rowing vertically, once the peak force is expended by the leg drive and the erg flywheel speed begins to reduce, the resistance needed to keep the body (now extended by the leg drive) elevated is no longer high enough to do so. Therefore, the rower returns to the seat and the torso motion begins at its usual point in the stroke and the downward forces generated by the torso are the same.

17. Question: Are any tools needed to install the Shox-Box?

Answer: NO. Just lift either the back or front of the erg, slide the Shox-Box under the legs, lower the legs into the Shox-Box cradle and row.

18. Question: Do you offer volume discounts?

Answer: YES, on quantities of 8 or more Shox-Boxes (4 or more systems). Contact us at info@shoxbox.biz with your needs and we'll quote you a discount rate.

19. Question: Do you offer a money back guarantee and/or return policy?

Answer: While we cannot guarantee that the Shox-Box will solve all of your back or technique problems, product may be returned within 30 days of delivery for a refund, provided the product is in "like-new" condition (i.e. the complete product in the original carton with all packaging and documents.) Refunds will not include shipping charges previously paid or shipping charges incurred by sending the product(s) back to us.

20. Question: Is there a warranty?

Answer: YES. All parts have a 2 year limited warranty and there is a 5 year limited warranty on the box frame from the date of purchase. The warranty covers parts that fail due to a defect in materials or workmanship. Accidental damage and any shipping charges are not covered by the warranty.

21. Question: Who makes the Shox-Box?

Answer: Blackstone Automation, LLC. The President of Blackstone Automation, Dave Baker, is a life-long rower, High School crew coach, Registered Professional Engineer (MA), and two-time lumbar surgery survivor who developed the Shox-Box as a way for him to train through the winter on an Erg.