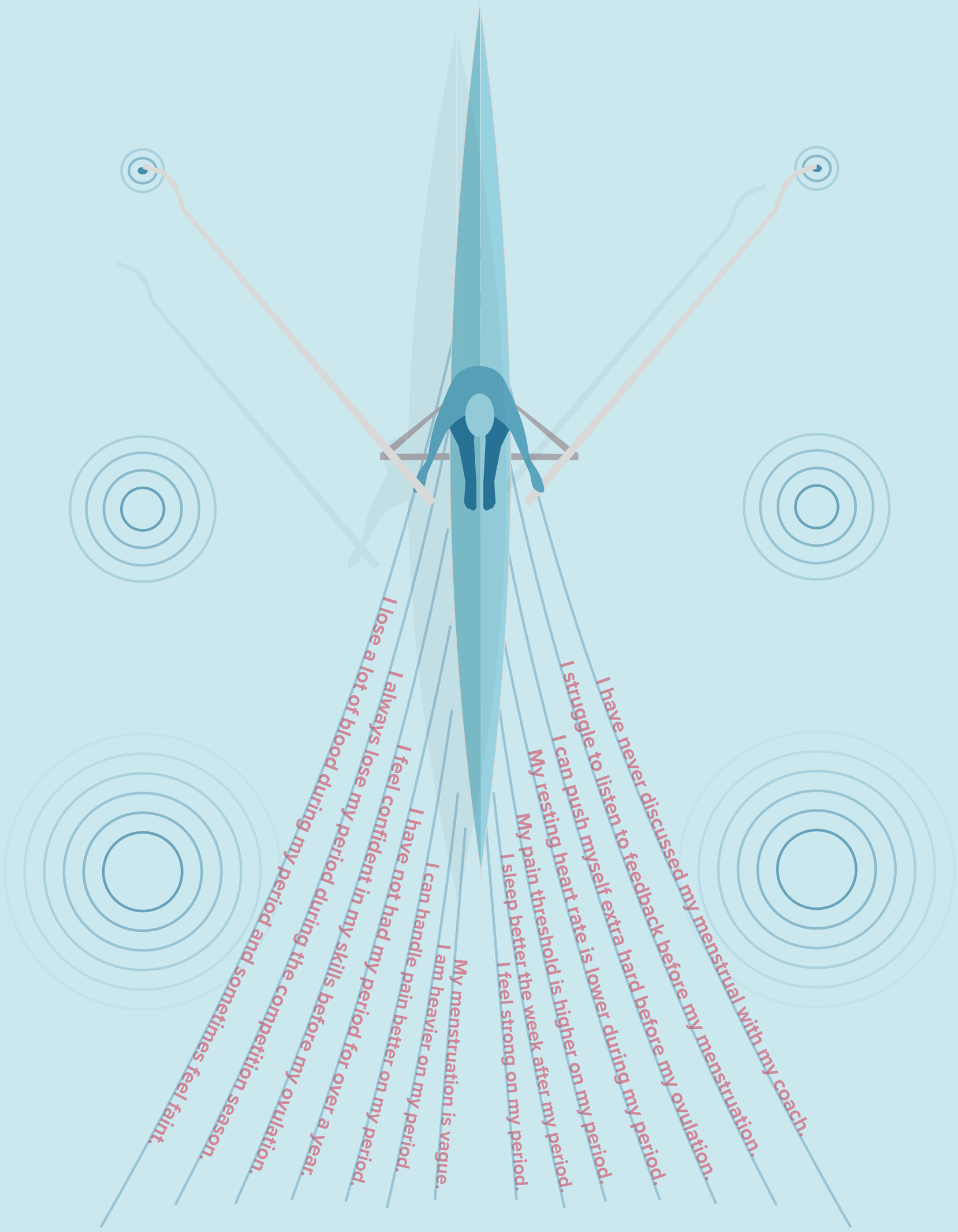

Female rowers have a menstrual cycle

As a coach, you can start a conversation with a rower about this topic. The menstrual cycle can affect a rower's performance, but the rower's performance can also affect her menstrual cycle. Starting a conversation about this topic could support a rower identify how she experiences her menstrual cycle and discover how to perform healthily with her experience.

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Sports and Menstrual Data for Health and Performance of Rowers
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Integrated Product Design

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