

Rowing + Strength

A 30 minute cardio workout that will help you build stamina and power on the rower. Short blocks of rowing are interspersed with mobility and strength work. Each time you complete this workout, the total number of meters you can row will increase.

Time	Section	Timing	Effort	Stroke Rate (approximate)	Notes
5 min	Ready to Row	0:00 – 2:00 <u>2:00 – 4:00</u> 4:00 – 5:00	Easy <u>Moderate</u> Mobility	22 <u>24</u> Seated Trunk Twist R&L	Start with focus on form & slow stroke rate for 1 st 2 minutes, notice your meters. Aim to bring up stroke rate in 2 nd two minutes and (more than) double your <u>meters</u> . Finish the block by racking the handle, bending knees, and sitting up tall. Alternate twisting to the right and left, holding for 5-10 seconds on each side.
15 min	Row Repeats	0:00 – 1:00 1:00 – 2:00 <u>2:00 – 3:00</u> 3:00 – 4:00 4:00 – 5:00	Easy Moderate <u>Hard</u> Strength Strength	24 26 <u>28</u> Biceps Curl Lunges (R)	For 3 minutes, increase your stroke rate and intensity, while simultaneously decreasing your split time. Keep note of the lowest split time you see and try to repeat (or beat) in the next two <u>rounds</u> . Finish the round with two minutes of strength; stand up with handles and perform biceps curls. Then, step to one side of the rower and perform lunges on your right leg.
		0:00 – 1:00 1:00 – 2:00 <u>2:00 – 3:00</u> 3:00 – 4:00 4:00 – 5:00	Easy Moderate <u>Hard</u> Strength Strength	24 26 <u>28</u> Overhead Tri Ext Lunges (L)	Sit down and repeat the cardio challenge, trying to decrease split time. For the two minutes of strength, face away from the front of the rower and perform overhead triceps extensions. Then, step to one side of the rower and perform lunges on the left leg.
		0:00 – 1:00 1:00 – 2:00 <u>2:00 – 3:00</u> 3:00 – 4:00 4:00 – 5:00	Easy Moderate <u>Hard</u> Strength Strength	24 26 <u>28</u> Push Ups & Planks Squats	One more round, with an eye on <u>your split time</u> . Alternate doing 3 push ups, 10 seconds of plank for 1 minute. Then, squats for 1 minute.
5 min	Power Row Intervals	:15 :15 <u>:15</u> :15	X5 Moderate Breathless <u>Easy</u> Stretch	26 28+ <u>24</u> Low/Mid Back	The final challenge consists of 5 power intervals. For :15 row at a moderate intensity, then 'empty the tanks' for :15 seconds. Follow

						the power push with an easy row to bring the HR down. Then, still holding on to the handles, do a low/mid back stretch by rounding the upper back and straightening out the legs. Repeat 5x in a row, aiming to get the lowest split time of your workout!
5 min	Cooldown	0:00 – 1:00 <u>1:00 – 3:00</u> 3:00 – 5:00	Moderate <u>Easy</u> Stretch	26 24		Spend 3 minutes (or more if you can), in a moderate to easy row. Then, a few minutes stretching off the rower to finish the workout.