



Benefits of rowing:

Rowing trains all your leg muscles such as the glutes, hamstrings, and quads. It even provides a powerful workout for your upper body. Rowing is an endurance exercise that increases heart rate and oxygen consumption. Over time, regular cardio exercise leads to improved cardiovascular function and can reduce the risk of heart disease and stroke.

Pyramid Workout: 42 min

Warm-up:

10 min easy row

Workout:

1 min row

1 min rest

2 min row

2 min rest

3 min row

3 min rest

4 min row

4 min rest



3 min row

3 min rest

2 min row

2 min rest

1 min row

1 min rest

TIP: Stroke rate should be between 24 and 30 strokes per minute. (typically found in the upper right corner of display)