



Rowing Workouts

Rowing machines provide an efficient and low-impact means to improve cardiovascular fitness. It is safe for individuals of all fitness levels and can be a great tool rehabilitation tool (with physician approval) for some injuries that prohibit running, jumping, and other high impact modes of exercise. There is minimal instruction needed to set-up the machine and learn proper rowing technique. If you are new to the exercise or would like a refresher watch this instructional video provided by the Austin Public Safety Wellness Center exercise physiologists:

<http://www.atxpublicsafetywellness.com/videos#122>

Simple 10 – 20 – 30 Workout

Warm-up: 3 minutes easy rowing

Workout: 12 rounds of

- 30 seconds easy pace
- 20 seconds moderate pace
- 10 seconds sprint

Cool-down: 3 minutes easy rowing

2-minute Efforts

Warm-up: 3 minutes easy rowing

Workout: 6 rounds of

- 2 mins at moderately hard pace
- 1 min easy rowing

Cool-down: 3 minutes easy rowing

Stroke Count Efforts

Warm-up: 3 minutes easy rowing

Workout: 15 rounds of

- 16 pulls hard
- 5 pulls easy

Cool-down: 3 minutes easy rowing



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1:1 Rest Workout

Warm-up: 3 minutes easy rowing

Workout: 3 rounds of

- 1000m nonstop row
- Rest the same amount of time it took to row the 1000m

Cool-down: 3 minutes easy rowing

Pyramid Workout

Warm-up: 3 minutes easy rowing

Workout:

- 1 min fast/1 min slow → 4 mins fast/4 mins slow → 1 min fast/1 min slow

Cool-down: 3 minutes easy rowing