



## 10 minute Pyramid with Abdominal Exercises

(for beginners, intermediate to advanced rowers)

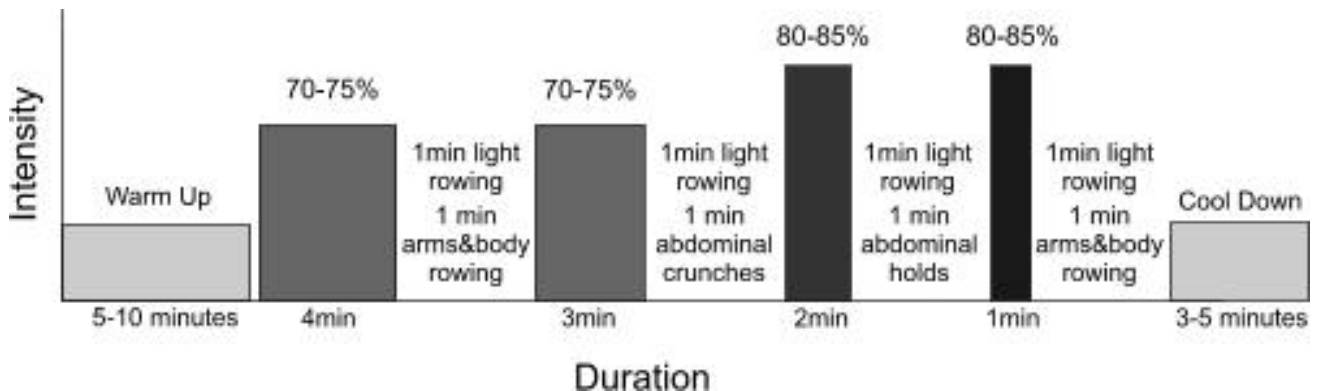
### **Warm Up - approx. 5- 10 minutes**

Begin with 3-5 minutes of light rowing, between 20-24spm. Focus on passing through [Position 1 – The Release Position](#) on every stroke.

- Then do 3 x 10 strokes:
- 1) Count 10 strokes pushing more firmly with the legs  
Count 10 strokes of light rowing
  - 2) Count 10 strokes pulling more firmly with the upper back & arms  
Count 10 strokes of light rowing
  - 3) Count 10 strokes build - building the stroke rate up to 30-34spm

(Stretching optional after warming up)

### **Main Workout - 10 minute Pyramid (x2 for intermediate and x3 for advanced rowers)**



10 minutes divided up into – 4min -3min -2min -1min:

- 4 minutes of medium/high intensity rowing at 26-28spm

1 minute of light recovery rowing

1 minute of [Arms & Body Only Rowing](#) (focusing on engaging the core – sitting tall and holding strong)

The information given above and in the relevant pages is not intended to be a substitute for medical advice. WaterRower accepts no responsibility for any injury caused by the information presented here. Please consult a physician before starting an exercise program.



- 3 minutes of medium/high intensity rowing at 26-28spm
  - 1 minute of light recovery rowing
  - 1 minute of Abdominal Crunches (remain seated on the rower, lean back to a position where you feel your core engaged, and hold strong or crunch/pulse for 1 minute.)
  
- 2 minutes of medium/ high intensity rowing at 28-30spm
  - 1 minute of light recovery rowing
  - 1 minute of Abdominal Holds (remain seated on the rower, lean back to a position where you feel your core engaged, arms behind head or out to the side and hold strong for 30 seconds up to 1 minute.)
  
- 1 minute of medium/ high intensity rowing at +30spm
  - 1 minute of light recovery rowing
  - 1 minute of Arms & Body Only Rowing (focusing on engaging the core – sitting tall and holding strong)

(Repeat the above for Intermediate level rowers and repeat 2x more for Advanced rowers)

### **Cool Down - 5 minutes**

Light rowing for 3 up to 5 minutes – focusing on passing through [Position 1 – The Release Position](#) every stroke.

[Stretch](#)