



## 10 minute Pyramids

(for beginners, intermediate to advanced rowers)

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

Begin with 5 minutes of light rowing no higher than 22spm, moving through each [position & phase of the rowing action](#)

Count 10 strokes pushing more firmly with the legs.

Light rowing

Count 10 strokes pulling more firmly with the arms

Light rowing

10 stroke building the stroke rate up to 30spm

(stretching optional)

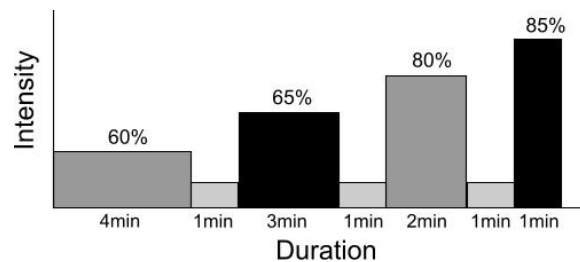
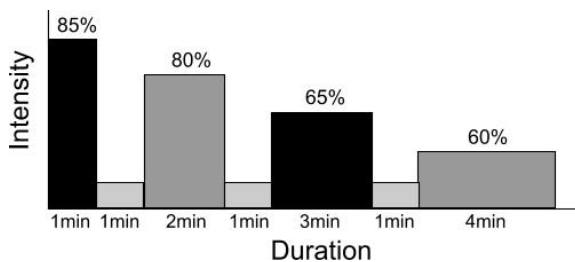
### **Main Workout - 10 minute Pyramid x2**

1st 10 minutes divided up into:

- 1 minute of medium/hard rowing at +30spm  
1 minute of light recovery rowing
- 2 minutes of medium/hard rowing at 30spm  
1 minute of light recovery rowing
- 3 minutes of medium/hard rowing at 28spm  
1 minute of light recovery rowing
- 4 minutes of medium/hard rowing at 26spm

2nd 10 minutes divided up into:

- 4 minutes of medium/hard rowing at 24-26spm  
1 minute of light recovery rowing
- 3 minutes of medium/hard rowing at 26-28spm  
1 minute of light recovery rowing
- 2 minutes of medium/hard rowing at 28-30spm  
1 minute of light recovery rowing
- 1 minute of medium/hard rowing at +30spm



Light rowing for 3-5 minutes after 1st 10 minute piece and sip of water.

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

Light rowing -underhand grip for 2 minutes.

Light rowing - the [Slide Drill](#) - count 20 strokes of each step.

[Stretch](#)

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.