



## **10 Build, 10 Hold, 10 Build Workout**

(for beginners, intermediate to advanced rowers)

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

Begin with light easy steady state rowing, 20-24spm at 50% effort

During the Drive Phase focus on [Slow Motion of the Drive Phase](#) - push with the legs first, hold the core strong and finish with the arms.

Pause at [Check Point 1](#) the [Release Position](#) for 2 seconds to check body position then continue on with

Continue on with easy steady state rowing. Repeat 5x

10 strokes focus on pushing firmly with the legs

Continue on with easy steady state rowing

1 x 10 stroke build - build the stroke rate from 22spm up to +30spm

10 strokes light rowing & sip of water

### **Main Workout - 10 Build - 10 Hold - 10 Build**

5 -10 minutes of [Steady State rowing](#) of between 22-26spm (strokes per minute) at 60-70% effort, focus on holding a consistent speed/intensity.

Begin 1st piece:

10 strokes build stroke rate till about 28spm, 10 strokes hold at 28spm, 10 strokes build to + 30spm

1- 2 minutes light rowing

Repeat the 10 build - 10 hold - 10 build 3x

5 minutes steady state underhand rowing (longer recovery time)

Repeat 10 build - 10 hold - 10 build 3x

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

Light rowing for 1-2 minutes

10 strokes [half slide rowing](#) , 10 strokes full slide light rowing

10 strokes [arms & body only rowing](#) , 10 strokes full slide light rowing

10 strokes [arms only](#) , 10 strokes full slide light rowing

### **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.