



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

[Focus Points](#) - 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](#) - [Release Position](#) for 2 seconds to check body position then continue on with steady state rowing. Repeat 5x

10 strokes focus on pushing firmly the legs

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 28-30spm, 10 strokes hold at 28-30spm, 10 strokes build to + 30spm

1- 2 minutes light rowing

Repeat 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.