



20 Stroke Sets

(for beginners, intermediate or advanced level rowers)

Warm Up - approx. 5- 10 minutes

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

Steady state light rowing for 2 minutes or so.

Count 20 strokes [Legs Only Rowing](#).

Steady state light rowing for a minute or so.

Count 20 strokes pushing more firmly with the legs and pulling more firmly with the arms

Main Workout - 5x 20 Stroke Sets

- 1st set of 2- 4x 20 strokes was focusing on a **long and strong rowing** action – similar to [power strokes](#). 10 strokes light in between each 20 strokes. Repeat the 20 strokes 2- 4x.

Light rowing and recovery for about a minute. Sip of water if need.

- 2nd set of 2- 4x 20 strokes focusing on **10 build, 10 hold** – 10 strokes building the stroke rate to about 32-34spm and hold that for 10 strokes. 10 strokes light in between each 20. Repeat the 20 strokes 2- 4x.

Light rowing and recovery for about a minute. Sip of water if need

- 3rd set of 4x 20 strokes of **single arm rowing**, row with left arm smoothly and strongly for 20 strokes, then 10 light strokes of normal 2 arm rowing then row 20 strokes with right arm and repeat 2x to complete the 4x 20strokes.

Light rowing and recovery for about a minute. Sip of water if need

- 4th set of 2- 4x 20 strokes of **underhand [arms and body only rowing](#)** for 20 strokes, 10 strokes light full slide rowing, repeat 2- 4x.

Light rowing and recovery for about a minute. Sip of water if need.

- 5th set of 2- 4x 20 strokes of **one of each of the above**
 - 20 strokes long and strong, 10 light
 - 20 strokes 10 build, 10 hold, 10 light
 - 20 strokes 20 of each arm
 - 20 strokes underhand arms and body only rowing

Cool Down - 5 minutes

Light rowing - count 2 strokes at half slide, 1 stroke at full slide

Light rowing - include a few strokes of [Slow Motion of the Drive Phase](#)

[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.