



4 Minute Pieces

(for beginners, intermediate and advanced rowers)

Warm Up - 10-15 minutes of technical and [Steady State rowing](#).

Begin with light easy rowing at 20-22spm, focus on relaxing and going through the motion of rowing until you feel ready to add in more effort.

Then increase your stroke rate to 24spm, rowing at a comfortable pace and work on driving with the legs at the start of the [Drive phase](#). Count 3x 5 strokes.

End the warm up with the [Slide drill](#)

At the end of your warm up have a break - could be a stretch, or standing up for a little bit off the WaterRower and/or sip of water.

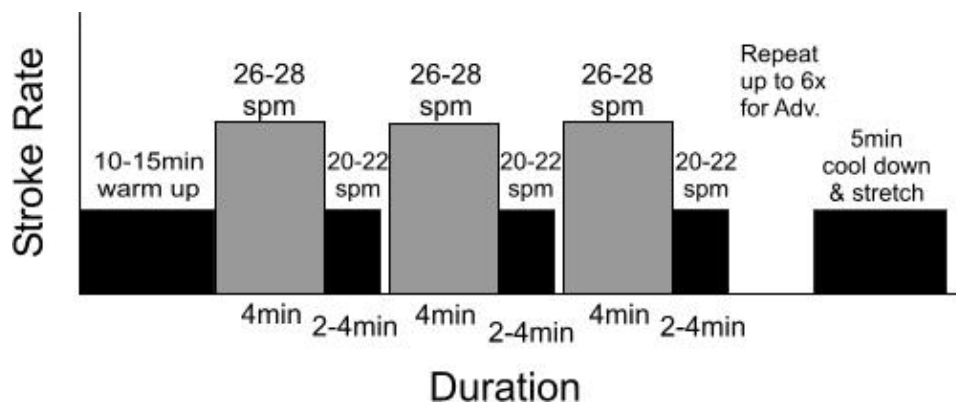
Main Workout – 4x 4 minute pieces

(Choose 4 motivational songs which are about 4 minute long to row each piece to)

1st 4 minute piece – Medium/Firm rowing at 26-28spm - focus on holding a consistent speed.

2 up to 4 minutes of recovery rowing – light gentle rowing at 20-22spm – focus on relaxing the body and reaching for a long stroke each stroke.

Repeat 2x for beginners, 3-4x for intermediate and 5-6x for advanced rowers.



Cool Down – 3 minutes of light easy rowing ending with the [Slide drill](#). Can include abdominal exercises after your workout.

[Stretch](#) - 5 minutes

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.