



5 Minute Pieces

(for beginners, intermediate to advanced rowers)

Warm Up - approx. 5- 10 minutes

Begin with +/- 2 minutes light easy rowing at 20-24spm at 45-50% effort

30 seconds at [half slide rowing](#) (shorter stroke). 30 seconds Full slide light rowing

30 seconds at [arms & body only rowing](#). 30 seconds Full slide light rowing

30 seconds at [half slide rowing](#) (shorter stroke). Continue on with Full slide light rowing for +/- 1 minute

1 or 2 x 10 [stroke builds](#), build the stroke rate for 10 strokes aiming to reach +30spm. Repeat and end warm up with 1 minute of light rowing. Stretching optional & have a sip of water.

Main Workout - 5 minutes (2x for beginners, 3x for intermediate and 4x for advanced)

5 minutes divided up into:

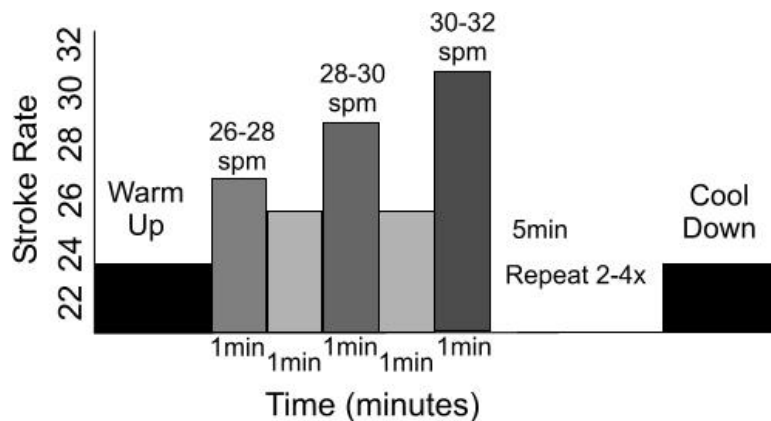
1 minute – start with 10 stroke build and hold 26-28spm

1 minute underhand rowing at about 26spm– strong draw into body

1 minute start with 10 stroke build and hold 28-30spm

1 minute underhand rowing at about 26spm – strong draw into body

1 minute start with 10 stroke build and hold 30-32spm



Light rowing for 1 minute, sip of water and repeat the 5 minute piece 2x for beginners, 3x for intermediate and 4x for advanced.

Cool Down - 5 minutes

Light rowing – practicing [ratio & rhythm](#).

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.