



6 Minute Pyramid

(for intermediate to advanced rowers)

Warm Up - 10 minutes

Begin with light easy rowing, focusing on ratio & rhythm.

- 20 strokes with arms only, 10 strokes slow full slide rowing
- 20 strokes arms & body only rowing, 10 strokes slow full slide rowing
- 20 strokes half slide rowing

Full slide light rowing

Push the legs for 10 strokes

Full slide light rowing

2 x 10 stroke building stroke rate to 30spm.

Main Workout - 6 minute Pyramid - repeat 3-5x

1 minute 30 seconds at stroke rate 26-28spm at 70-75% intensity

1 minute at stroke rate 28-30spm at 75-80% intensity

30 seconds at stroke rate 30-32spm at 80-85% intensity

1 minute at stroke rate 28-30spm at 75-80% intensity

1 minute 30 seconds at stroke rate 26-28spm at 70-75% intensity

Light easy rowing – sip of water

Repeat 3 up to 5x

Cool Down - 5 minutes

Light rowing focusing on long smooth rowing action, reaching with all the upper back muscles but keep sitting tall with a good posture. While rowing lightly focus on pulling the belly button into the spine for 2 sets of 10 strokes. Relax shoulders.

Close your eyes and row lightly and easily listening to the sound of the water.

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.