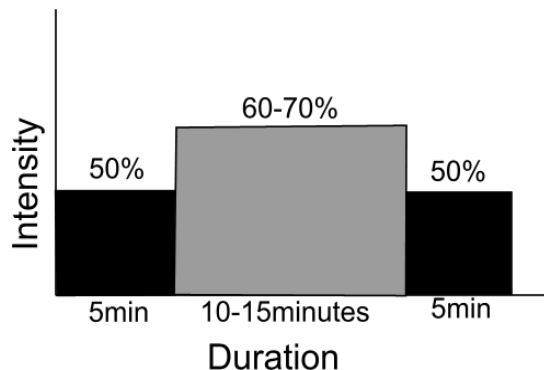




Beginners Workout Examples

For the first 2-4 weeks of beginning a rowing program all of your sessions should be steady state, include interval, pyramid and platform sessions after 4 weeks of regular rowing.

STEADY STATE TRAINING



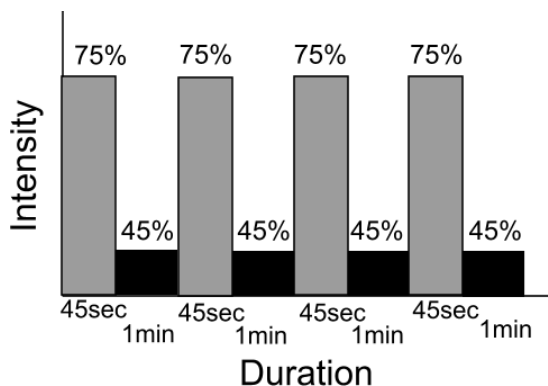
“Steady State” Training Example

Warm Up: 3-5 minutes of light rowing

Main Set: 10-15 minutes @60-70%, consistent rowing, stroke rates between 22-24spm (strokes per minute)

Cool Down: 5 minutes light rowing & 5-10 minutes of stretching

INTERVAL TRAINING



“High/Low Intensity” Training Example

Warm Up: 5-10 minutes light rowing (a longer warm is needed for the high intensity main set)

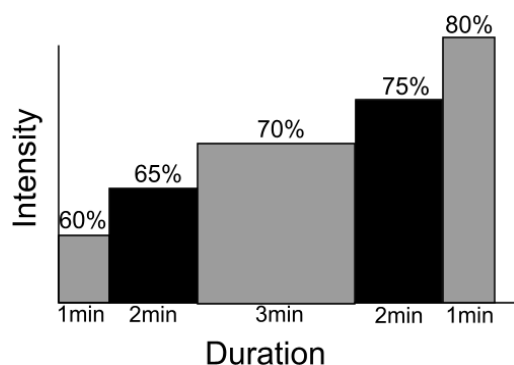
Main Set: 2x 45 second intervals

- 45 seconds @75% 26-30spm
- 45 seconds @ 45% 22spm
- 45 seconds @ 75% 26-30spm
- 45 seconds @ 45% 22spm
- 45 seconds @ 75% 26-30spm

1 minute REST between each interval

Cool Down: 5 minutes light rowing with 10 minutes stretch

PYRAMID TRAINING



“Pyramid” Training Example

Warm Up: 3-5 minutes of light rowing

Main Set: 9 minutes pyramid

- 1 minute @60% 22spm
- 2 minute @65% 24spm
- 3 minute @70% 26spm
- 2 minute @75% 28spm
- 1 minute @80% 30spm

Cool Down: 5 minutes light rowing with 10 minutes stretch

The information given above 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.

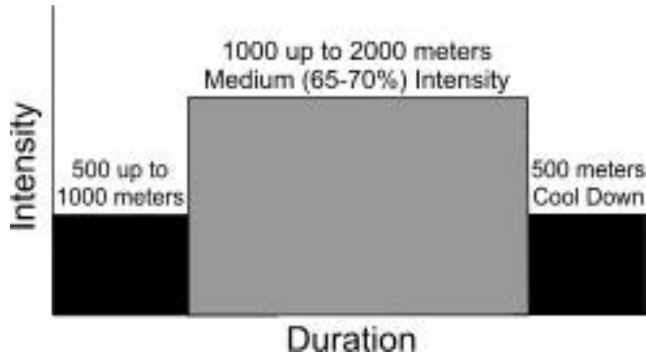
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Beginners Workout Examples (cont.)

PLATFORM TRAINING



“Platform” Training Example

Warm Up: 500 up to 1000 meters of light rowing

Main Set: 1000-2000 meters of consistent rowing @70-75% medium intensity, stroke rates between 24-28spm (strokes per minute)

Cool Down: 500 meters light rowing and 5-10 minutes of stretching

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