



Starting Rowing Again

“ This is a general aerobic fitness program for those who are starting to row again and for those who have not rowed for about the last 4 months

“ Always begin your workouts easily and steadily to warm your body up - you may find that you will a few aches and pains after the first few workouts - keep it gentle till your body is used to rowing again

“ The key is “little but often”

“ Keep your sessions short (10-20 minutes) concentrating on good strong posture and technique

“ Try to exercise at least 3-5x a week. This can be divided up between rowing and another form of exercise

Below is a 6 week guideline of how often to row, how hard to row and what tips to concentrate on - remember everyone is different so use the suggestions below as guidelines for getting you back into a regular rowing routine. It is important to find out works for you.

Weeks 1&2

“ Begin with 2-3 rowing sessions a week, a minimum of 10 minutes per rowing session and a maximum of 20 minutes

“ Focus on technique, especially on posture and body position. Use the Check Point Drill when rowing

“ I do recommend that you include another form of exercise (such as walking, cycling etc.) into your week

“ Aim to keep your heart within 60-70% of your maximum heart rate (M.H.R.) when exercising - no higher during these first 2 weeks. Be able to hold a conversation when rowing and aim to feel warm and not out of breath at the end of your rowing session

“ It is important to focus on stretching for these first 2 weeks, your body may experience a few aches and pains as new muscles are being used. Stretch for at least 5-10 minutes after each session and hold each stretch for 20 seconds

Week 3&4

“ Increase to 3-4 rowing sessions a week, keep to 10 -20 minute sessions

“ The extra session must be fairly light e.g. 10 minute warm up (low intensity aerobic exercise) and 10 minute stretching period with abdominal work

“ Begin to keep a log of your rowing sessions, record the I recommend that you log the distance travelled and how you feel after each session

“ In the 4th week try to increase the duration of one of your sessions on the WaterRower to 25 minutes keeping your heart rate at 60-70% of M.H.R

“ Maintain regular stretching routine after each row, can also include a few abdominal exercises

Week 5&6

“ Keep to 3-4 sessions a week

“ On the WaterRower increase 2 of your sessions to 25 minutes steady state, heart rate 60-70% of M.H.R.

“ Include a different type of session, such as castles, low intensity intervals or a small pyramid.

“ Keep stretching after every workout.

“ You can include other strength exercises other than just abdominal - such as press ups, dips, lunges etc.

Please refer to Beginners workout examples for specific rowing session ideas for on your WaterRower.

After 6 weeks of regular rowing move onto the Intermediate program.

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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