



High Intensity Interval Training (HIIT) Workout

(For Intermediate to Advanced rowers)

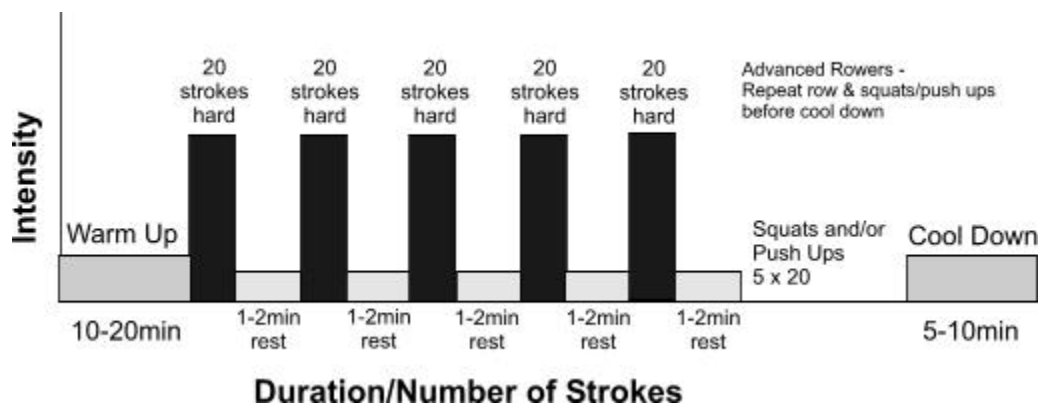
Warm Up - approx. 10- 20 minutes of light rowing

Begin with [Slide Drill](#). Focus on Order of the legs, core, arms on the Drive and arms, core, legs on the Recovery.

Row [Steady State](#) at easy to medium intensity for 10 up to 20 minutes. For the final 5 minutes count 10 strokes building the stroke rate to 34spm. Repeat these 10 [stroke builds](#) until the warm up is complete and you feel ready for the Main Workout.

(*Stretching optional after warming up*)

Main Workout – 5 x 20 Row Strokes with 5x 20 Squats/Push Ups



Row

Row 5 sets of 20 strokes maximum effort rowing
Rest light rowing for 1 -2 minutes.

Begin by rowing lightly for 10 strokes, then count 20 strokes rowing as hard as you can 90-95% of your maximum heart rate. Focus on power with the legs rather than a high stroke rate. Keep stroke rate under 40spm. Then row lightly for 1 -2 minutes, have water if need and do the 20 hard row strokes again. Repeat 5x.

After the last 1-2 minute recovery stand up off he machine.

Squats and/or Push Ups

5 x 20 squats and/or push ups. (Or do 10-20 push ups in between the squats, this is optional)
1-2 minutes rest in between.

Advanced Rowers – Rest (light rowing or no rowing) for up to 5 minutes and repeat the 5x 20 row strokes with 5x 20 squats/push ups again.

Cool Down - 5 minutes

Light rowing for 5 minutes – focusing on passing through [Position 2 – The Rock Over Position](#) every stroke.

Row gently with eyes closed for 1 minute.

[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.