



## Pyramid 5 -4-3 -2 -1 minutes

(for intermediate to advanced rowers)

### **Warm Up - approx. 5- 10 minutes**

Begin with light easy steady state rowing, 20-24spm at 50% effort

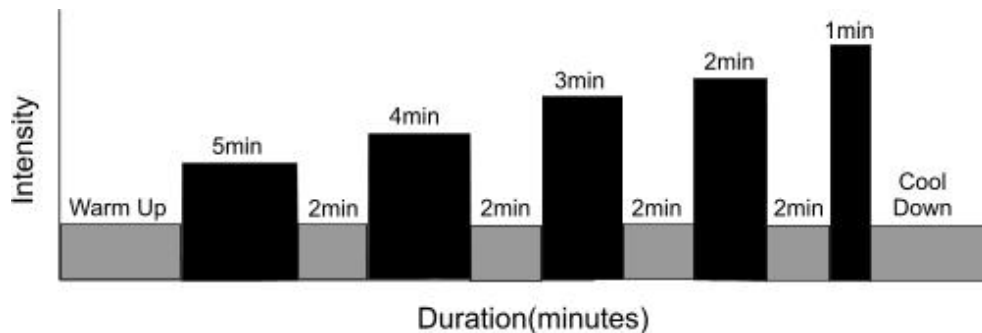
[Focus Points](#) – include sets of 10 strokes while rowing lightly

- focus on POSTURE for 10 strokes
- focus on REACHING WITH THE ARMS for 10 strokes
- focus on PUSHING WITH THE LEGS for 10 strokes

Towards the end of the warm up – 10 strokes at 26spm, 10 strokes at 28spm and 10 strokes at 30spm.

End with light rowing & sip of water & stretch (optional)

### **Main Workout – 5 min – 4 min – 3 min – 2 min – 1 min**



5 minutes of medium/hard intensity rowing at 26-28spm / 2 minutes of light recovery rowing – sip of water

4 minutes of medium/hard intensity rowing at 28-30spm / 2 minutes of light recovery rowing – sip of water

3 minutes of medium/hard intensity rowing at +30spm / 2 minutes of light recovery rowing – sip of water

2 minutes of medium/hard intensity rowing at +30spm / 2 minutes of light recovery rowing – sip of water

1 minutes of medium/hard intensity rowing at +30spm

Light rowing for 2 minutes.

### **Cool Down - 5 minutes**

Light rowing for 1-2 minutes

10 strokes [half slide rowing](#) , 10 strokes full slide light rowing

10 strokes [arms & body only rowing](#) , 10 strokes full slide light rowing

10 strokes [arms only](#) , 10 strokes full slide light rowing

### [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.