



Steady State Rowing with Upper Body Exercises

(for beginners, intermediate to advanced rowers)

Warm Up - approx. 5- 10 minutes

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

While rowing easy work on feeling the difference between effort on the Drive (more effort) and the [Recovery Phase](#) (little to no effort).

Count 10 strokes focus on pressing firmly and evenly on the footboard as you push back on the Drive. Repeat 3x.

Continue on with easy [Steady State rowing](#).

10 stroke build - build the stroke rate from 22spm up to +30spm. Repeat 2x.

10 strokes light rowing & sip of water

Main Workout – Steady State Rowing with upper Body Exercises

Begin with 5 up to 10 minutes of [Steady State rowing](#) of between 22-26spm (strokes per minute) at 60-70% effort, focus on holding a consistent speed/intensity.

Begin 1st piece:

SINGLE ARM ROWING - hold the handle between your first 2 fingers and row using one arm, focus on reaching and using the whole of your one side to draw the handle into the body. As you draw the handle in to the body, twist the handle to a vertical position as it reaches your body. To engage your obliques have a small twist of the upper body at the end of the draw when the handles is at the body. Keep sitting tall.

30 seconds right arm only rowing / 30 seconds left arm only rowing

Repeat x3

Return to 2 up to 5 minutes of Steady State Rowing focusing on more effort with the legs.

ARMS & BODY ONLY ROWING - keep legs straight or slightly bent if more comfortable for you and row only using your body rock over and arms. You can also use underhand grip do this exercise, again try to target all the muscle groups of your back and abdominals to draw the handle in.

30 seconds arms & body only rowing with overhand grip at 70-80% intensity/ 30 seconds full slide easy rowing

Repeat x3

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.



30 seconds arms & body only rowing with underhand grip at 70-80% intensity/ 30 seconds full slide easy rowing

Repeat x3

Return to 2 up to 5 minutes of Steady State Rowing focusing on more effort with the legs.

ARMS ONLY ROWING - keep legs straight or slightly bent if more comfortable for you and row only using your arms. Focus on using your all your upper back muscles to draw the handle in & keep sitting tall. You can also use underhand grip do this exercise.

30 seconds arms only rowing with overhand grip at 70-80% intensity/ 30 seconds full slide easy rowing

Repeat x3

30 seconds arms only rowing with underhand grip at 70-80% intensity/ 30 seconds full slide easy rowing

Repeat x3

Return to 2 up to 5 minutes of Steady State Rowing focusing on more effort with the legs.

Cool Down - 5 minutes

Light rowing for 5 minutes. Close your eyes and focus on the sound of the water. Slow your stroke rate down so you can focus on breathing.

[Stretch](#)