

W.O.W.

Workout of the Week

PYRAMID ROW

Boost your fitness and metabolism with this full body cardio circuit! Grab a buddy and help push each other to the finish. Please see a trainer if you have any questions on rowing technique, or how to row for long distance on the rowing ergometer.

Time: 40-45 minutes

Equipment: Rowing Ergometer

Instructions: Complete the whole workout from start to finish in as little time as possible.



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Level	Reps	Exercise A	Exercise B
Beginner	10	Squats	Crunches
Intermediate	12-15	Squat Jumps	Lying Leg Lifts
Advanced	20	Burpees	V-ups

250 Meter Row

Exercise A
Exercise B

500 Meter Row

Exercise A
Exercise B

750 Meter Row

Exercise A
Exercise B

500 Meter Row

Exercise A
Exercise B

250 Meter Row

Exercise A
Exercise B

Bonus Round:

Level	Adjustments
Beginner	25 Push ups
Intermediate	50 Push ups
Advanced	100 Push ups

See a Personal Trainer for more detailed instructions or a demonstration.



Wisconsin Athletic Club

Always consult your physician before starting any exercise program.
www.thewac.com