

W.O.W.

Workout of the Week

ROW & TOW

Hit the rower for a great cardio workout that will leave your heart pumping and calories burning!

Time: 45 minutes

Equipment: Rowing Ergometer
Dumbbells or Barbell

Instructions: Complete each phase.

Phase 1: Rowing - *For modification add more recovery/break time.*

500 Meter Warm Up - Slow pace
500 Meter Sprint
500 Meter Easy Recovery
500 Meter Sprint
500 Meter Easy Recovery
1000 Meter Sprint
500 Meter Easy Recovery
1000 Meter Sprint

Phase 2: Weights

| Level | Adjustments |
|--------------|-------------------|
| Beginner | 1-2 sets of 10 |
| Intermediate | 2-3 sets of 12-15 |
| Advanced | 3 sets of 20-25 |

Military press (Barbell or Dumbbell)
Bent over rows (Barbell or Dumbbell)
Weighted reverse lunges (Barbell or Dumbbell) - each leg
Tricep Push ups
Reverse crunches
Plank knee to elbow drive

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



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Wisconsin Athletic Club

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