

THE BEST ROWING MACHINE WORKOUT

Feb 11, 2011 | By [Jeremy Hoefs](#)



Photo Credit Jupiterimages/Brand X Pictures/Getty Images

The indoor rowing machine provides a total-body low-impact strength and cardiovascular workout. You can use the rower to improve fitness, lose weight, cross-train for other sports or rehabilitate after injuries or surgery. Depending on your individual fitness level and fitness goals, there is a best rowing machine workout to help you reach your fitness goals. For each workout, Concept 2 recommends using a damper resistance setting between 3 and 5.

INTERVALS

With alternating periods of work and rest, interval workouts are known for improving power, strength and stamina. According to Angela Hart, director of the Indoor Rowing Training and Certification Institute, the Tabata wattage interval workout is among the best for power development. The Tabata interval workout includes 20 seconds of work followed by 10 seconds of rest repeated for eight rounds. On the first interval, maintain a power output expressed in watts equal to your body weight in pounds plus 10 percent. As you progress through the eight intervals, add another 10 percent power output. For example, if you weigh 150 pounds, the first interval will be 165 watts with the second interval at 180 watts and third at 195.

TIME TRIAL

Time-trial workouts use a specific time component to test your fitness level and ability to cover as much distance within the time frame. Concept 2 suggests a 30-minute time-trial workout as a benchmark to test your overall fitness level. To perform the 30-minute time trial, set the damper resistance to 5 and set the computer for a single time component of 30 minutes. As you start, the computer will automatically track

the distance, strokes per minute, pace, calories and power output. Compare your total distance to previous time trials to see fitness improvements.

WEIGHT LOSS

Concept 2 says, as a general rule, the longer or harder you row, the more calories you will burn, helping you control weight or achieve weight-loss goals. One of the best weight-loss workouts includes five minutes of rowing while alternating every minute between high-intensity and steady-state rowing. For example, row as fast as possible for the first minute, followed by a comfortable recovery pace for the next minute. Continue that pattern for five minutes as you try to burn as many calories as possible.

CROSS-TRAINING

The low-impact total-body movement used on the rowing machine allows athletes or fitness enthusiasts to use the machine as a cross-training tool. Concept 2 recommends using the rowing machine two to four times a week during the off-season and only one to two times per week during the season. A sample cross-training workout would include a 10,000-meter row, using a steady cadence to improve cardiovascular endurance and fitness.

REFERENCES

- [Concept 2: Getting Started](#)
- [The CrossFit Journal: Rowing Workouts](#)
- [Concept 2: Benefits of Rowing](#)
- [Concept 2: Weight Control Guidelines](#)
- [Concept 2: General Guidelines for Cross-Training by Rowing](#)

Read more: <http://www.livestrong.com/article/379394-the-best-rowing-machine-workout/#ixzz2KEB3EqFG>