



Row, Row, Row Your Boat

Type of Exercise: Rowing	Level: Easy to Moderate	Equipment Needed: Rowing Machine, Clock	
<p>The Rate of Perceived Exertion (RPE) scale can be used to estimate various heart rate workout zones. Of course an actual heart rate monitor is better, and we encourage you to invest in one. The RPE scale goes from 1 to 10. A rate of 1 is sitting down, not moving. A rate of 10 is working so hard you pass out (obviously, we're not going there!). The zones our workouts use the most include 3 to 4, which is pretty easy, you could talk in full sentences and even sing if need be. At level 5-6 singing is out, but you can still speak in full sentences. At level 7, it's hard to talk in full sentences, but breathing occurs without gasping. At level 8, one word answers are possible, but this is really working hard. Level 9 is extremely hard exercise that could only be sustained for short periods.</p>			
<p>Rowing is a great cardiovascular and full body exercise. Make sure that you understand how to properly set up your rowing machine. It's also important to perform the rowing stroke and recovery correctly. If you're at the gym, ask a staff member to give you instruction. Rowing is also an ideal exercise to use an mp3 player. Don't forget to warm up, cool down and stretch! Of course, you can vary the time.</p> <p>Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.</p>			
	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
1 st Session	<p>Start by warming up. About 10 strokes per minute (SPM) will get you there. Pay attention to your form and technique. Pull through the entire stroke from start to finish, just like you were in a boat. Exertion Level 4</p> <p>Head up and gaze straight forward. Pull your abs in to protect your low back, as you “pull through your stroke try not to blow through or push out through your low back. Think of sandwiching your front and back sides together and letting them work together to keep you in one smooth arc. Increase your SPM gradually, get into a nice rhythm. Music is ideal for helping you keep your stroke rhythm.</p> <p>Increase resistance just a bit. On your machine it could be a dial or a lever with an arrow pointing up. Increase just enough until you feel a change in resistance. Heart rate will increase to a Exercise Level 7.</p> <p>Take that turn of resistance off now and go back to the place you started, but with an increased SPM if you can manage it. Let the heart rate slowly recede to Exertion Level 5-6</p>	<p>Minute 1-5</p> <p>Minute 6-15</p> <p>Minute 11-15</p> <p>Minute 16-20</p>	

	<p>Cool down by bringing your SPM even lower, like you're coming into dock, and don't want to run aground. After 30 minutes, you'll need to stretch a bit to bring the muscles back to their resting length – or increase that length if need be. Don't forget to stretch your back (The yoga "Childs Pose" is good (lying on your back and pulling knees to chest). Hamstrings, quads and shoulders need a good stretch as well. Exertion Level 4</p>	Minute 21-25	
2 nd Session	<p>This session focuses on the legs and feet. Don't worry, the upper body will get a workout also, simply having those muscles under tension will suffice. The legs have big muscles. Using and building strength in the big muscles takes a lot of energy, and also helps the heart get a solid workout.</p> <p>Sit tall as you think about beginning this workout. Feel your sitz bones (butt bones) poking straight down into the uncomfortable seat. Yep, they make these things uncomfortable for a reason. Before your first pull, bring the abs in and take a deep breath, let it out – all of it, now on your next inhale, move it! Think slow and easy to warm up. Breathe in as you pull out and exhale as your seat comes "home". Exertion Level 4</p> <p>Increasing the speed of each stroke, you may also want to put a little more tension on the fly wheel now that you are warm. Let's start with the feet, are the toes pointed straight up? Are your feet up and even on both sides? Now drive your stroke through your heels, right in the center of the heel bone. Exertion Level 5-6</p> <p>Holding steady at an Exercise Level 7 we want to work 10 minutes. It's tricky to keep your heart rate at a steady rate, but try not to vary more than 3 or 4 beats per minute. A heart rate monitor is convenient, but some rowing machines come equipped with a sensor. Watch your knees. Are they tracking exactly over your toes? Rowing is a great non-impact exercise for your knees. Keep them tracking straight over toes. Exertion Level 7</p> <p>For the next five minutes, think butt. Right where the hamstring attaches to the glutes. Focus on pulling from that muscle attachment area and get an extra "lift" Heart rate stays the same at Exertion Level 7</p> <p>Take some tension off the fly wheel and bring the heart rate down a notch. Keep the focus on the lower half of the body. Breathing should get easier. See if you can bring it</p>	<p>Minute 1-5</p> <p>Minute 6-10</p> <p>Minute 11-20</p> <p>Minute 21-25</p> <p>Minute 26-30</p>	

	into sync with the rhythm of your stroke. Exertion Level 6		
	Cool down by slowing down. Bring the tension off a notch. After you've cooled down for five minutes, be sure to stretch the bottom half that we focused on today. The mind and the body can work wonders when they are playing the same game. Exertion Level 4	Minute 31-35	

Copyright 2007 – Basix, LLC