

Rowing Machine



Description: Get your heart rate up by using a rowing machine for 20 to 30 minutes.

Instructions

1. Check resistance on the side of the machine. Adjust if needed.
2. Carefully sit down onto the machine seat and place your feet into foot rests (remember to strap your feet in).
3. If you are on a rowing machine that has a monitor with options, select start.
4. Reach forward and grab the rower handle with your knees slightly bent and your back straight.
5. Carefully pull the handle towards your chest and push feet against the footrest at the same time, until legs are fully extended.
6. Slide forward into the starting position with your knees bent, arms extended and back straight.
7. Continue at a comfortable pace for 20-30 min.
8. When you are finished, slowly and carefully place the row bar back into the holder.

Tips & Modifications

- Remember proper form by keeping your back straight.
- When legs are extended, do not lock your knees.
- If you need a break, pause for 1 minute, then continue rowing.



Click here or scan the QR Code below to watch video instructions!

