



Four-week Workout Cardio: Rower

40- to 45-minute workout on rower (Interval Training)

Week 1

	Time	Strokes per minute
Warm up	10 minutes	Easy pace
Workout on rower	2 minutes	22
	2 minutes	24
	2 minutes	26
	2 minutes	28
	2 minutes	30
	2 minutes	Easy pace
	2 minutes	22
	2 minutes	24
	2 minutes	26
	2 minutes	28
	2 minutes	30
Cool down	10 minutes	Easy pace

Cardio: Rower
Week 2

	Time	Strokes per minute
Warm up	10 minutes	Easy pace
Workout on rower	2 minutes	24
	2 minutes	26
	2 minutes	28
	2 minutes	30
	2 minutes	32
	2 minutes	Easy pace
	2 minutes	24
	2 minutes	26
	2 minutes	28
	2 minutes	30
	2 minutes	32
Cool down	10 minutes	Easy pace

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Week 3

	Time	Strokes per minute
Warm up	10 minutes	Easy pace
Workout on rower	4 minutes	26
	4 minutes	28
	3 minutes	30
	3 minutes	Easy pace
	4 minutes	26
	4 minutes	28
	3 minutes	30
Cool down	10 minutes	Easy pace

Cardio: Rower
Week 4

	Time	Strokes per minute
Warm up	10 minutes	Easy pace
Workout on rower	4 minutes	28
	4 minutes	30
	3 minutes	32
	3 minutes	Easy pace
	4 minutes	28
	4 minutes	30
	3 minutes	32
Cool down	10 minutes	Easy pace