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ROW

ROWING MACHINE

1. Sit on the machine with feet on the pedals. Grasp the handles.

2. Pull the handles towards your chest, keeping your back straight and feet fixed.

3. Push the handles back to the starting position.

4. Repeat for the desired number of repetitions.

MUSCLES WORKED: Back, Biceps, Shoulders, Triceps, Core

FORM TIPS: Keep your back straight and feet fixed. Pull the handles towards your chest.

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TRAINING TIP

1. Start with a low weight and gradually increase it as you become more comfortable with the exercise.

2. Focus on proper form and technique to avoid injury.

3. Use a mirror to check your posture.

4. Take breaks and stretch after your workout.

WARM UP PROGRAM

5-10 minutes of light cardio (treadmill, elliptical, or stationary bike).

10-15 minutes of stretching (focus on the muscles you will be working).

5-10 minutes of low-intensity rowing to warm up the muscles.

EXERCISE SAFETY

Always use proper form and technique to avoid injury. If you feel pain or discomfort, stop the exercise immediately. Consult a healthcare professional if you have any pre-existing conditions or injuries. Use a mirror to check your posture. Take breaks and stretch after your workout.

EQUIPMENT SAFETY

Always use proper form and technique to avoid injury. If you feel pain or discomfort, stop the exercise immediately. Consult a healthcare professional if you have any pre-existing conditions or injuries. Use a mirror to check your posture. Take breaks and stretch after your workout.

FORM YOUR MACHINE

1. Adjust the seat height so your feet are flat on the pedals.

2. Adjust the footplate so your feet are secure.

3. Adjust the handle height so you can pull it towards your chest.

4. Adjust the resistance level to a comfortable setting.

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