

# Total Gym Row Trainer Workout

The workout is approximately 40 minutes.

The incline level and use of a bungee are suggestions based on average fitness norms. An individual's specific fitness level should be considered when selecting an incline level or the use of a bungee. Raise or lower the incline level or remove or add a bungee as needed to maintain good form and desired exertion.

**About Reps:** Each exercise should be performed at an incline level where muscle fatigue can be reached in 8 reps. If fatigue does not occur, then raise the incline or add a bungee or modify the exercise. If form is broken before 8 reps, lower the level. If at the lowest level and fatigue does occur, remove bungee or modify the exercise.

## PHASE 1

**Incline Level:** Low Level

**Bungee:** None

**Cue:** Use this time to check and correct form, talk about benefits of the rower and discuss what to expect in today's workout.

Exercise	Minutes	Distance	Reps
Warm up Overhand Row Low	5:00		
Bicep Curls (static legs)			8
Underhand Row Low (record time)		500 meters	
Seated Ab Crunch (arms across chest)			20

## PHASE 2

**Incline Level:** Low Level

**Bungee:** One bungee

**Cue:** Phase 2 will build intensity with the addition of the bungee. Note that the goal of the 500 meter row is to match or improve the time achieved in Phase 1. Upon completion of the 500 meters go right into Low/Med/High Row series.

Exercise	Minutes	Distance	Reps
Overhand Row Low (record time)		500 meters	
Overhand Row Low (static legs)			8
Overhand Row Medium (static legs)			8
Overhand Row High (static legs)			8
Seated Ab Crunch (arms behind head)			20

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## PHASE 3

**Incline Level:** High Level

**Bungee:** Optional

**Cue:** By Phase 3 upper body muscles may be very fatigued. Participants may need to remove the bungee or may choose to remain at the low level.

Exercise	Minutes	Distance	Reps
Underhand Overhead Pull (record time)		300 meters	
Single Arm Row with Rotation (left)			12
Single Arm Row with Rotation (right)			12
Single Arm Row (left)			12
Single Arm Row (right)			12
Overhand Row Medium (static legs)			8
Overhand Row High (static legs)			8
Seated Ab Crunch (arms extended overhead)			20

## COOL DOWN AND STRETCH

Head Tilt Forward - Neck

Head Tilt Sideways - Neck

Arm Across Chest Stretch - Shoulder & Upper Back

Overhead Triceps and Shoulder Stretch

Wrist Flexor Stretch - Wrist & Forearm

Wrist Extender Stretch - Wrist & Forearm

Standing Torso Rotations - Mid/Low Back Stretch