



## Four-week Workout Cardio: Rower

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

### Week 1

	Time	Strokes per minute
<b>Warm up</b>	10 minutes	Easy pace
<b>Workout on rower</b>	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
<b>Cool down</b>	10 minutes	Easy pace

**Cardio: Rower**  
**Week 2**

	<b>Time</b>	<b>Strokes per minute</b>
<b>Warm up</b>	10 minutes	Easy pace
<b>Workout on rower</b>	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
<b>Cool down</b>	10 minutes	Easy pace

**Cardio: Rower**  
**Week 3**

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

**Cardio: Rower**  
**Week 4**

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