

## **PROGRAMS**

The program you follow should be determined by your fitness level, available time and goals. It is highly recommended that you review pages 7 & 8 and obtain a better understanding of your capabilities and the intensity that best suits you and your goals.

First time exercisers should follow Program #1 and gradually build up both the time and intensity of your workout. If you are already a regular exerciser, you may wish to follow Program #2.

Always remember to warm up and cool down and never try to over do it; moderation and consistency is the secret to long-term results.

### ***PROGRAM 1: Initial Conditioning Program***

Frequency: 3~4 times per week

Duration: 20-30 minutes

Intensity: 60~70% of age predicted maximum heart rate

Speed: 60~70 STROKES/MIN

When first starting an exercise program, the emphasis should be placed on gradually building up to 20-30 minutes of continuous activity, not on achieving and maintaining a specific exercise intensity. Once 20~30 minutes of continuous activity can be performed, the emphasis can be moved to gradually building up the time for which you exercise at the recommended intensity level. This program should be followed for the first 6~8 weeks of training.

### ***PROGRAM 2: Intermediate Conditioning Program***

Frequency: 3~5 times per week

Duration: 20~45 minutes

Intensity: 70~80% of age predicted maximum heart rate

Speed: 70~80 STROKES/MIN

In most cases, this program will produce results consistent with the fitness goals for the majority of the general fitness population. Training at higher levels of frequency, duration and intensity than these is normally reserved for the competitive athlete.

### ***PROGRAM 3: Advanced Conditioning Program***

Frequency: 4~6 times per week

Duration: 30~60 minutes

Intensity: 80~90% of age predicted maximum heart rate

Speed: 80~90 STROKES/MIN

This program should be undertaken only by those individuals having a need to develop and maintain the highest levels of cardiovascular fitness. As an alternative to continuous high intensity exercise, an interval-training format can be followed during which short bursts (30-60 seconds) of high intensity exercise (faster stroke speed) are alternated with longer periods (1-2 minutes) of lower intensity exercise.

## **TRAINING TIPS**

Rowing machines have been around for many years and were perhaps one of the first indoor exercise machines on the market.

Almost everyone knows how to row on one of these machines and there is very little one can do wrong. However, there are few pointers we can give you to reduce strain on your back and other joints and muscles. Rowing, more than any other aerobic exercise, utilizes the back muscles and the spine to transfer the pulling force from the arms (holding the handle) to the legs (providing most the pulling power).

To reduce excessive strain on the back muscles, spine, shoulders, arms and wrists we strongly suggest that you to keep your back straight throughout the entire rowing action. When moving forward to the start position bend at the hips, don't overreach (trying to stretch forward too much) and keep your arms straight. Pull the handle to your stomach, not your chest and keep your elbows in at your sides during the entire stroke with your wrists straight.