

FEBRUARY WORKOUT



This 20 minute Go Row Indoor workout combines indoor rowing and circuit based exercises resulting in a high intensity training session. Whether it's a quick gym session before work or a weekend energiser, this workout packs in a punch.

20 MINUTE GO ROW INDOOR WORKOUT

Warm up	1 minute light rowing at 20 Strokes Per Minute (SPM) 1 minute medium rowing at 22 SPM 1 minute hard rowing at 24 SPM 1 minute light rowing at 20 SPM
Interval 1	4 x 30 seconds light rowing then 30 seconds hard rowing
The circuit	<p>This circuit is designed to work out your whole body. Do each row first followed by the exercises. This should take approximately 12 minutes.</p> <p>The row + the exercise</p> <p>500m medium row + 50 squats 400m medium row + 40 twists 300m medium row + 30 lunges 200m medium row + 20 press ups 100m medium row + 10 squat thrusts (feet on seat)</p>
Interval 2	1 minute sprint row as fast as you can
Cool down	3 minutes light rowing followed by stretching your glutes, hamstrings and quads