

# BACK TO BASICS CORE WORKOUT



If you've had a little time away from the indoor rowing machine and are wondering how to get started again, British Rowing Master Trainer John Healey has the answer. John's created a 45 minute indoor rowing core workout that's the perfect way to get back into training.

## 45 MINUTE BACK TO BASICS CORE WORKOUT

Warm up	30 seconds of star jumps 30 seconds high knees 30 seconds heels to bum 30 seconds rest Repeat 3 times
Mobility	15 air squats (3:3 tempo-slow squat) 20 lunges with rotation (10 left leg, 10 right leg) 20 step back overhead reach (10 left leg, 10 right leg)
The circuit	<b>TIP:</b> Aim to come off the rower having worked hard but remember to leave enough in the tank for your core exercise. Rest after row and core exercise have been completed.  <b>The row + the exercise + rest</b>  250m row + 10 toes touches + 30 seconds rest 500m row + 15 heel touches + 45 seconds rest 750m row + 20 hip bridges + 1-minute rest 1,000m row + 30-60 seconds plank + 2 minutes rest 750m row + 20 single leg hip bridges + 1 minute rest 500m row + 15 bicycle crunches + 45 seconds rest 250m row + 10 v sits
Cool down	500m light row (focus on your connection with the machine and rowing with full strokes), then stretch the quads, hamstrings, glutes and hip flexors.