

## Indoor Rowers

Indoor (or ergonomic) rowers are a fantastic type of exercise equipment that don't take up much space, don't cost as much as a comparable treadmill or bike, and work more muscles. Indoor rowing can be performed throughout the year regardless of the weather. The best rowing machine available is the Concept 2 Model D Indoor Rower (pictured here).



### Rowing for Purpose

Rowing technique is rather important, and the Concept 2 comes with an instructional video and graphic description of each phase of the row. In order to row most efficiently, it's important to sequence the pressing of the legs with the pulling of the back. When this is done, the body works in a smooth, flowing fashion while generating optimal power with each stroke. The result is less strokes and more 'distance' covered.

When utilizing an indoor rower, there is a great tendency to row fast and hard – resist this at all costs. This 'fly and die' method of rowing is like hopping on the treadmill and jumping off to a full sprint immediately. Naturally, the demands on the body in this state are very high and the heart rate will correspondingly shoot right out of the beneficial 65%-80% of max heart rate zone. Stay steady and smooth, keeping your stroke count down around the low 20s (per minute). After a good 500m of warm-up like this, then feel free to adjust as needed, but be sure to use a heart rate monitor to make sure you're working your body at an adequate range.



With a treadmill, the two variables are speed and incline. With an indoor rower, there is a resistance setting on the wind chamber which is not easily adjustable while rowing (nor practical from an exercise standpoint). Other than that, everything else comes down to how you move your body. If you want to work harder, there are three ways to do it – increase your stroke rate, pull harder with each stroke, or row for a longer distance/time. In this fashion, the rower is a very versatile piece of equipment that is used by people ranging from general fitness enthusiasts to competitive rowers to tri-athletes.

The distances that are commonly used for rowing workouts vary between something as short as a 500m sprint to a half-marathon (around 22,000m in one sitting). For the most part, it would take somewhere around an hour to complete 10,000m rowing, depending on the ability of the person

rowing. Most people will use a 5k – 10k mark as a good cardiovascular workout. If time is a constraint, shoot for 2,000m - 3,000m, as this should still allow for a moderate amount of time with your heart rate in the appropriate zone.

For more information about purchasing an indoor rower for your own use, point your web browser to [www.concept2.com](http://www.concept2.com).