

Rower

Rower **Benefits**

With proper intensity, duration, and frequency, the following physiological responses may occur:

- A reduction in blood pressure
- A reduction in resting heart rate
- A decrease in total cholesterol
- An increase in aerobic capacity
- See under Cardiovascular Health Benefits under General Fitness in the Fitness Encyclopedia for more benefits.

Actions

1. Sit, secure feet under straps, and grasp handle.
2. Begin by reaching forward with bent knees, arms extended, and body slightly leaning toward the flywheel
3. keeping the back straight, extend the legs.
4. Once legs are extended, continue pulling handle with the arms toward the abs, while leaning back slightly.
5. Return by extending the arms and leaning the body forward at the hips.
6. Draw the body forward with the legs to start position for next stroke.
7. The exercise should be done in a smooth rhythmic motion.



Position 1

Precautions

- Never come to complete stop during the exercise.
- Keep the handle traveling in a straight horizontal line from the wheel to the abs.