

# Build Strength for Rowing: A Beginner's Plan

## How to Build Strength for Rowing

Rowing combines cardio and strength, making it essential to build power and endurance for every stroke.

This beginner-friendly plan targets your legs, core, back, and arms - the key muscle groups for rowing success.

### Key Muscle Groups for Rowing

1. Legs: Quadriceps, hamstrings, glutes, calves (drive the power in your stroke).
2. Core: Abdominals, obliques, and lower back (stability and power transfer).
3. Back: Lats, rhomboids, and traps (pull phase of the stroke).
4. Arms and Shoulders: Biceps, triceps, and deltoids (stroke finish).

### 4-Week Beginner Strength Plan

#### Day 1: Lower Body Focus + Core

- Bodyweight Squats - 3 sets x 12-15 reps
- Dumbbell Lunges - 3 sets x 10 reps (per leg)
- Glute Bridges - 3 sets x 12 reps
- Dumbbell Deadlifts - 3 sets x 8-10 reps
- Plank Hold - 3 sets x 30-45 seconds
- Russian Twists - 3 sets x 15 per side

#### Day 2: Upper Body and Back

- Push-Ups - 3 sets x 10-12 reps
- Bent-Over Dumbbell Rows - 3 sets x 10-12 reps
- Seated Shoulder Press - 3 sets x 8-10 reps
- Dumbbell Bicep Curls - 3 sets x 12 reps

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- Dumbbell Tricep Kickbacks - 3 sets x 12 reps
- Supermans - 3 sets x 12 reps

### **Day 3: Full-Body Strength + Core**

- Goblet Squats - 3 sets x 12 reps
- Dumbbell Deadlifts - 3 sets x 8-10 reps
- Push-Ups - 3 sets x 8-12 reps
- Plank Shoulder Taps - 3 sets x 12 reps (per side)
- Farmers' Carry - 3 sets x 30-45 seconds

### **Cool Down and Stretch**

End each session with 5-10 minutes of light stretching:

- Hamstring stretch
- Quad stretch
- Cat-Cow stretch for your back
- Shoulder and arm stretches

### **Progression Tips**

1. Start light with proper form and increase weight gradually.
2. Perform workouts 2-3 times per week with rest days in between.
3. Listen to your body - stop if you feel pain.

### **Get Stronger, Row Better!**

Building strength takes consistency, but with this plan, you'll improve your power and endurance for rowing.

Stick to the routine, stay motivated, and watch your performance improve stroke by stroke!