

Row Flow: 7-Day Beginner Workout Plan

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Welcome to the Row Flow 7-Day Beginner Workout Plan! This guide is designed to help you ease into rowing while building confidence, endurance, and proper technique. Whether you're rowing on water or using an indoor machine, these workouts will provide a solid foundation for your fitness journey.

Tips for Perfecting Your Technique

1. Start with a strong posture: Sit tall with your core engaged and back straight.
2. Focus on the sequence: Push with your legs, engage your core, and finish with your arms.
3. Maintain a smooth rhythm: Avoid jerky movements-aim for fluid, controlled strokes.
4. Breathe properly: Exhale on the drive (when pushing) and inhale on the recovery.
5. Check your resistance: For beginners, set the resistance between 3 and 5 on most rowing machines.

7-Day Beginner-Friendly Workout Plan

Day 1: Introduction and Technique Practice (10 minutes)

- Warm-up: 2 minutes at an easy pace
- Focus: Practice the rowing stroke sequence slowly (legs, core, arms)
- Cool-down: 2 minutes at an easy pace

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Day 2: Building Endurance (15 minutes)

- Warm-up: 2 minutes at an easy pace
- Workout: 1 minute moderate pace, 1 minute easy pace (repeat 5 times)
- Cool-down: 2 minutes at an easy pace

Day 3: Rest or Light Activity

- Take a day off or enjoy a light walk or stretch session.

Day 4: Interval Training (20 minutes)

- Warm-up: 3 minutes at an easy pace
- Workout: 30 seconds high intensity, 90 seconds easy pace (repeat 8 times)
- Cool-down: 2 minutes at an easy pace

Day 5: Strength and Form (15 minutes)

- Warm-up: 2 minutes at an easy pace
- Workout: Row at a steady, moderate pace for 10 minutes, focusing on technique
- Cool-down: 3 minutes at an easy pace

Day 6: Long Steady Row (20 minutes)

- Warm-up: 2 minutes at an easy pace
- Workout: Row at a steady, comfortable pace for 16 minutes
- Cool-down: 2 minutes at an easy pace

Day 7: Rest or Reflection

- Reflect on your progress and review your tracker.

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Progress Tracker

Use the table below to log your progress throughout the week. Track details like time, distance, and how you felt after each session.

Day	Duration/Distance	Notes/Feelings
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		