

Rowing machine workout plan

8-Week Progression · Technique, Base, and Intervals · for Every AsVIVA Rowing Machine

Rowing trains your legs, core, back, and arms in a single motion – with the leg drive providing around 60 % of the power. That is precisely why the initial focus is on technique, not speed. Three sessions per week are sufficient. The resistance levels refer to the actual values your machine features; the overview can be found on page 2.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Technique	Session 1 – Clean Stroke	25 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Base	Session 2 – Steady Pace	30 min
Thu	Recovery	Easy walk	–
Fri	Intervals	Session 3 – Pace Changes	25 min
Sat	Active	free – bike, swim, walk	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN

- 5 min very light rowing, low resistance
- Loosen shoulders and hips
- increase to stroke pace in the last minute

COOL-DOWN · 5 MIN

- Lower resistance, 3 min cool-down rowing
- Stretch calves, hamstrings, and back
- breathe calmly until your pulse drops

60 %

FROM THE
LEGS

The sequence is **legs – core – arms**, and exactly reversed on the return. Starting with your arms leads to early fatigue and strains your lower back. Better slow and clean than fast and slouched.

SESSION 1 · CLEAN STROKE

TECHNIQUE · LOW RESISTANCE

5 min	Warm-up
6 × 2 min	20 strokes per minute, consciously glide back slowly
in between	1 min rest, shake out arms
5 min	Cool-down

SESSION 2 · STEADY CONTINUOUS PACE

BASE · YOU CAN TALK WHILE DOING THIS

5 min	Warm-up
20 min	steady 22–24 strokes per minute
	Weeks 5 to 8: extend to 30 min
5 min	Cool-down

SESSION 3 · PACE CHANGES

ENDURANCE & CALORIE BURN

5 min	Warm-up
8 × 40 sec	brisk, 28–30 strokes per minute
in between	continue rowing easily for 80 sec
5 min	Cool-down

WHAT YOUR EQUIPMENT CAN DO

MODEL	RESISTANCE	FLYWHEEL MASS	MAX. WEIGHT
Water Rowing Machine RA18 Pro	Water drive	–	130 kg
Water Rowing Machine RA18 Lightning	Water drive	–	–
Rowing Machine Magnetic Rower RA14	Permanent magnet	13 kg	150 kg
Rowing Machine RA11 Magnetic	electromagnetic	6 kg	135 kg
Rowing Machine PowerGen RA20	Permanent magnet	6 kg	150 kg
Rowing Machine & Ergometer RA10 Pro	Permanent magnet	–	150 kg
3D Rowing Machine RA12 Rower	–	–	110 kg

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- **Legs first.** Extend first, then core, then pull.
- **Return twice as slow** as the stroke.
- **Back straight** – do not round your back, even at the end.
- **Stroke rate over power.** 22–24 strokes are the foundation, not laziness.
- **Foot straps tight.** If your foot slips, power is lost.

Good luck – your AsVIVA Team

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This workout plan is for general information purposes only and does not replace medical advice. If in doubt, please seek medical advice before starting training – especially in the case of pre-existing conditions, injuries, or long breaks from training. Training is done at your own risk.