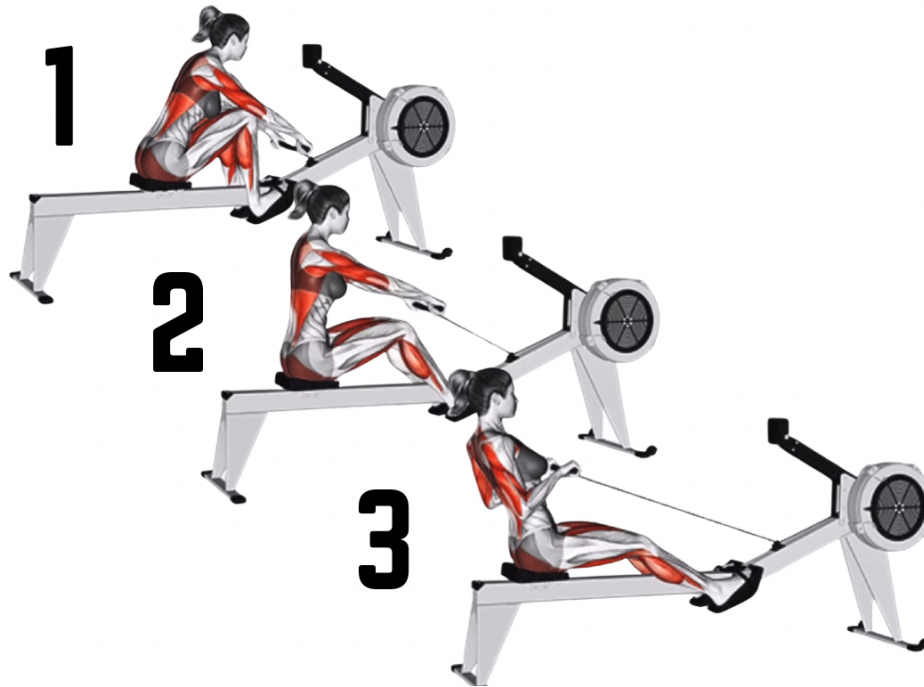


HOW TO PERFORM ON THE ROWING MACHINE

MUSCLES WORKED

CALVES, QUADRICEPS, HAMSTRINGS,
GLUTES, ABS, OBLIQUES, CHEST,
BICEPS, TRICEPS, SHOULDER, UPPER
BACK, LATS



Start by holding the oar with arms extended, knees bent, and weight on the balls of your feet. This position is called “the catch.”

With your back straight and core engaged, push back using only your legs, rolling through your feet so they’re flat when your legs are extended.

Keep your arms extended throughout.