

Winter Erg Workout #2

30 minute body blast!

Set your monitor for 30 minutes, stroke rate 22/24 for the “work times” slow down the stroke rate and regroup for the rest times. Do the “work “ at firm pressure , building intensity with each work piece, the rest rime is at paddle pressure.

Start with :

8 minutes work

4 minutes rest

6 minutes work

3 minutes rest

4 minutes work

2 minutes rest

2 minutes sprint (open stroke rate)