Erg Workout #5

Death by calories

Start with a 10 minute warm up

Program the monitor for 1 minute intervals no rest, and change the settings to measure calories.

Row one calorie minute one, two calories for minute two... and continue until you cannot match the calories to the minute!

Why it's hard, the window of rest time will close each interval till there is no rest left!

This workout starts easy but quickly turns into a challenge. Play with small changes of stroke rate and intensity, to keep you in the game!