

Erg Workout #6

20 minute stroke variation :

8 minutes light pressure @ SR 18

4 minutes medium pressure @ SR 22

3 minutes hard pressure @ SR 24

1 minute light pressure @ SR 18

4 minute medium pressure. @ 22

This is a nice quick SS workout when time is limited, it is also a good workout to repeat every once in a while, keep track of your meters and compare results. Enjoy!