

the total body shred

rowing workout

Hop on a rower and keep a set of dumbbells nearby for the strength sets. You'll do 5x400m sprints (or 2000m total) with strength exercises in between. These moves aren't meant to be rests - you're still working - but your heart rate will come down a bit. The goal is to complete the total rowing time as quickly as you can, so the faster and more efficiently you row, the sooner you'll be done!

easy dynamic warm-up - 5 mins

400m row sprint

20 alternating reverse lunges, dumbbells @ shoulders

400m row sprint

16 dumbbell clusters

400m row sprint

16 push-ups with side plank rotations

400m row sprint

20 triceps dips (off the side of the rower)

400m row sprint

16 sumo squats, dumbbells @ shoulders

cool down with an easy walk or row