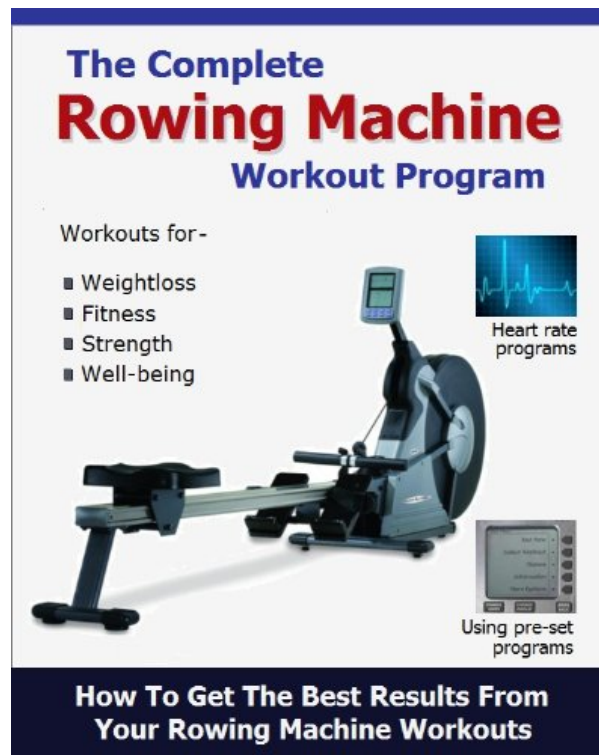


THE COMPLETE ROWING MACHINE WORKOUT PROGRAM BY ROY PALMER



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UPDATE: New edition December 2014 - includes new chapter, 'Getting Creative with Your Workouts'.

The 'Complete Rowing Machine Workout' guide will show you how to get the best results from your machine. No need to waste any more time searching the web trying to find a workout here and there - because they're all here in this program!

The 20 workouts include interval training sessions, heart-rate programs, high-intensity and pyramid sessions to help you:-

Get fitter

Lose weight

Build stamina

Burn fat fast

Tone up your muscles

Train to an advanced level

Whether you're a complete beginner, intermediate or advanced rower, this guide has what you need. Whatever your current fitness, just begin the structured program at a level to suit you, and start to see the benefits fast.

My guide will show you which type of rowing routines delivers the results you're looking for. When to use steady rowing, interval training, high intensity, pyramid or time trials. How to use heart rate programs to optimize fat-burning, building stamina and fitness... and when to rest.

The rowing machine is the ideal piece of home fitness equipment. A rower takes up less space than a treadmill or elliptical trainer, and if you buy a folding model, even less room than an exercise bike. But the real benefit is that a rower is one of the safest ways to train whilst burning up calories and fat to get into shape.

My program will also show you how to row correctly and train sensibly to eliminate the risk of injury through over-training or poor technique.

ABOUT THE AUTHOR:

Roy Palmer is a teacher of the world-renowned movement system, The Alexander Technique. His previous books, 'The Performance Paradox', 'Zone Mind, Zone Body' and 'Golf Sense' have all received critical

acclaim from international coaches and athletes for his insight and innovative approach to sports training.

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- Format: Kindle eBook

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Meh

By Mark Knell

I was hoping for something more detailed and lengthy. Instead, it doesn't cover much more than the manual does that came with my Concept 2 Model D. Even though it's short, it repeats itself. It features trite observations like "as mentioned earlier, always doing the same thing can get boring" (I'm paraphrasing) as though that needs repeating or even should have been said in the first place.

You can probably do better on any number of websites.

1 of 1 people found the following review helpful.

a bit low on information

By Leon

Basically a bunch of schedules . There is a lack of good illustrations. i think photos would have been helpful.

0 of 0 people found the following review helpful.

great!!

By l Morris

I have rowed in fitness clubs and have now ordered my own. After reading this book I'm even more excited to get my rower and start on a program. I feel from reading this book I have formed goals that are both obtainable and measurable. These workouts will keep me interested and on task, and with the different levels I always have challenging workouts ahead.

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