



# FLYWHEEL FRENZY



**Welcome to FLYWHEEL FRENZY! We're so glad you jumped in on these interval workouts. They'll have you on and off the rowing machine, mixing up your workout, and keeping your muscles guessing and getting stronger.**

These workouts are classic UCanRow2, the kind we use in our Bodyshop small personal training studio in Houghton, MI, and teach as part of our indoor rowing instructor certifications.

They combine the total-body, joint-friendly sweat of the rowing machine with boredom-busting exercises off the machine that will help you build strength and burn fat.

## **BEFORE YOU BEGIN**

If you are new to rowing: Consult a physician for clearance to exercise before you start and be sure to mention that you want to row.

As with any exercise regimen, if you have back, neck, knee, or hip issues; or other medical conditions such as diabetes or seizure disorders, you should be sure your physician is aware of these and evaluates you accordingly. Rarely is rowing contraindicated but better to be safe than sorry.

You may also want to find a certified instructor to teach you proper rowing technique (see our [certified instructor list](#) for your area). Custom video coaching for home users is also available. Contact [info@ucanrow2.com](mailto:info@ucanrow2.com) for more info or to sign up.

## **WHAT TO WEAR TO ROW**

Be sure you have proper clothing on. Rowing is a spandex sport for a reason. No long shirt-tails or super baggy shorts that can get stuck in the seat and monorail. Cross training shoes with a flatter sole and some flex in the forefoot are recommended over road running shoes or anything with a thick sole.

Have a water bottle and sweat towel handy, and don't forget to have glass cleaner to clean your monorail and disinfectant wipes for the handle and seat when done.

# HOW TO USE THIS PROGRAM

It is perfectly OK to modify these workouts according to your own fitness level, or those of your students if you are an instructor. We include a suggested workout calendar at the end of this document, but you are free to pick and choose, mix and match.

We have divided these workouts into three categories, based on how much equipment they require:

- **Erg Basic (Erg and bodyweight):** It's just the rowing machine and your best resistance tool, your own bodyweight. No extra equipment required!
- **Erg Plus (Erg and some equipment):** Ready to ramp it up a bit? Grab a kettlebell or a couple of dumbbells, and you're good to go.
- **Erg Extreme (Erg and more equipment):** If you've got a full set-up at home, or you work out at the gym, these are for you.

The moves get more complicated as you move through the stages. All the workouts will give you a great sweat so pick whichever ones fit what you have on hand.

That said, if you are new to the rowing machine or to interval workouts in general, we recommend starting with the erg and bodyweight workouts. If you find as you get into the workout that you're not working as hard as you would like, you can always ramp up your effort on the rowing machine, or add more difficulty to the off-erg exercises.

The reverse is also true: If a workout feels like too much, either back down the number of rounds or repetitions, or the amount of resistance used. Safety first!

We have included suggested one-week training plans for each of the workout types. Follow them individually, or if you like progress through them over several weeks. You will notice that there are plenty of rest days and recovery rows built in.

Follow this plan initially and see how you feel before adding in any more work days. Your body needs time to rest and recover from the intensity of interval workouts.

# VIDEO RESOURCES TO HELP YOUR ROWING

We have posted a number of videos online to help you improve your technique, row more efficiently, and more. Be sure to subscribe to our [YouTube channel](#), as we often update it with new videos.

- **Indoor Rowing Basics:** <https://www.youtube.com/watch?v=euE85LB1va0>
- **Generating Power on the Rowing Machine:** <https://vimeo.com/48273138>
- **Drills for a More Fluid, Powerful Rowing Stroke:** <https://vimeo.com/60358825>
- **Concept2's Technique Videos:** <http://www.concept2.com/indoor-rowers/training/technique-videos>

## HOW TO DO THESE WORKOUTS

These workouts are designed to be done continuously with as-needed rest. Build in breaks where you need them, particularly if your form starts to fail.

Don't be afraid to put the weight down, take a moment to recover, then continue. If you are rowing and need a break, back off on the intensity and paddle (row easy) until you're ready to go again.

In order to keep you moving through the workout, gather the equipment you need before starting if possible. There's nothing more frustrating than being on the last round of a workout and reaching for the dumbbells, only to find that someone else has grabbed them.

If you haven't been doing any jumping moves and would like to start (for example, the squat jumps in the "Dirty Dozen" workout below), we recommend easing into it by doing one squat jump for every three to five air squats.

## ADAPT THE WORKOUTS TO YOUR FITNESS LEVEL

Many of these workouts have suggested alternate moves you can use to adapt (scale) the workout to how you're feeling. Wherever you see a more general move, such as a push-up, feel free to adjust the move's intensity to fit your fitness and ability. For example, push-ups could be done on a wall, on an incline, decline, hand-release, etc.

Where you see a "/" in a workout, like the squat/squat jump/thruster moves in "Dirty Dozen," you can choose whichever of those moves feels best to you that day.

**SUGGESTED STROKE RATINGS:** Effort on the rowing machine is a very individual thing, particularly in these workouts, which do not have prescribed splits or stroke ratings. In general, 24-26 strokes per minute is where most people feel comfortable rowing with effort.

Remember that on these workouts you want to save energy each round for the off-erg moves. If you empty your tank on the row, then you won't be able to perform the strength moves as well, and as a result won't see the strength gains that you otherwise might.

## THE SHORTER THE WORKOUT, THE LONGER THE WARMUP

All of these workouts assume a warm-up of at least 5-10 minutes. You should be starting to sweat before you begin the main workout. On shorter workouts you may need more warm-up. You want to be ready to hit it hard as soon as the timer goes off.

TERMS TO KNOW	
<b>AMRAP</b>	As Many Rounds As Possible. Set a timer and get to work. When it goes off you're done, regardless of where you are in the workout.
<b>DB</b>	Dumbbell
<b>KB</b>	Kettlebell
<b>L/R = 2 (or 1)</b>	One repetition on the left side and one on the right counts as 2 reps (or 1).
<b>Split</b>	The "split per 500 meters," or the time it takes you to row 500 meters. This will be displayed in a central location on your monitor. Your goal is to make the number smaller, which means you're getting faster!
<b>Strokes per Minute (SPM), also known as Stroke Rating (rating)</b>	The number of strokes you take in a minute. Remember, a high stroke rating does not necessarily equate to a faster split or overall time. The key is to generate as much power as you can when you push off with your feet, no matter how many strokes you take in a minute. For more on this, watch our video on <a href="#">generating more power on the rowing machine</a> .
<b>Undefined Rest</b>	A feature of newer Concept2 monitors, it allows you to set up an interval workout with up to 10 minutes off the machine per interval without having to reset the monitor.

DISCLAIMER: Flywheel Frenzy is not intended to prevent, cure, or treat any medical conditions. Participating in this program is optional, and therefore neither Terry Smythe, Sarah Fuhrmann, nor UCanRow2 will be held liable for any injuries sustained while performing the workouts listed in this program.

# ERG BASIC: ERG AND BODYWEIGHT

## DIRTY DOZEN

### 3-5 Rounds

- Row 1200 meters
- 12 sit-ups
- 12 squats/squat jumps/thrusters
- 12 push-ups

## LEAP FROG

### 20 Minute AMRAP

- Row 2 mins
- 25 sit-ups
- 25 air squats/weighted squats
- Run 150m or row 250m
- 10 frog jumps

### REPEAT

## SCALES

On this workout you will perform a descending ladder of minutes of rowing and repetitions of off-erg exercises. So on the first interval you will row for 6 minutes then do 16 repetitions of the off-erg moves. On the second round you will row for 5 minutes and do 15 repetitions of the exercises, and so on.

Row intervals of 6-5-4-3-2-1 minutes (use the undefined rest feature if you have it)

In between intervals, do reps of the following:

- 16-15-14-13-12-10
- Push ups/hand-release push-ups
- Jump rope or frog jumps
- Lateral steps or hops

## PUSH AND ROW

Push-ups are a perfect complement to the pull of the rowing stroke. We often do them as finishers at the end of a workout; this one lets you sprinkle in that balance as you go.

If your monitor has the Undefined Rest feature, set it for Intervals>Varied>Time and undefined rest.

- Row 3 mins
- 30 sit-ups
- 20 push-ups
  
- Row 2 mins
- 20 sit-ups
- 10 push-ups
  
- Row 1 min
- 10 squats/squat jumps
- 5 push-ups
  
- Row 2 mins
- 20 step-ups /box jumps
- 10 pushups
  
- Row 3 mins
- 1-5 DB snatch pyramid
- 10-20 air squats/squat jumps
- 10 hollow rocks or other abs

## MINUTE MINDER

Set your monitor for 2000 meters. If you have the option, set your monitor for intervals of 1 minute with undefined rest.

**To do this workout alone:** Row for 1 minute, then get off and do an exercise. Choose at least three, and cycle through them, alternating a minute of rowing and a minute of the exercise. Continue until you have completed the 2000 meters.

## Example exercise options:

- Lunges
- Crunches
- Push-ups
- Air squats
- Wall sit
- Plank

**To do this workout in a group:** In teams of 4, with the monitor set for 5000 meters, one person rows, one does lunges, one does ab crunches, one runs or does jumping jacks. Once the rower has completed 250m, they tag the next person and everyone rotates to the next station.

# ERG PLUS: ERG AND LIGHT EQUIPMENT

## 5-4-3-2-1 GO!

**Row 5-4-3-2-1 minutes**

**In between do:**

20-15-12-10-8 reps

- Squats
- KB swings
- Push-ups
- Sit-ups
- Hip bridges

## MAGIC MASHUP

The ultimate boredom-buster, this workout has you rowing a different distance every round AND doing different exercises.

2000m row warmup, then **1-3 Rounds:**

- Row 1000m
- 10 lunges w/DB press
- 12 lateral lunges with DB press to chest
  
- Row 750 meters
- 10 DB press
- 12 push-ups
  
- Row 500m
- 10 DB or bar cleans
- 12 snatch jacks
  
- Run 100m or sprint row 250m

## DAMPER DYNAMICS

Use this workout to learn more about how the flywheel feels at different damper settings (think gears on a bike).

For more on damper setting, [click here](#).

### Do 1 round or as a 30-minute circuit:

- Row 1 minute Damper 1
- 20 sec. plank
- 10 sumo squat with a twist
  
- Row 1 minute Damper 3
- 10 lunges (L/R = 2)
- 10 squats
  
- Row 1 minute Damper 5
- 10 KB swings
- 10 thrusters
  
- Row 1 minute Damper 7
- 10 crunches
- 10 mountain climbers
- 10 push-ups

## LIFT AND LUNGE

### 3 Total Rounds:

Row 2 – 3 – 2 mins

### In between each round do:

- 10 DB, KB or barbell deadlifts
- 10 lateral lunges with DB or no weight (L/R = 2)
- 10 push presses
- 10 snatch jacks
- 30-sec. plank

## DUMBBELL GET 'ER DONE

This workout lets you focus a bit more on the strength moves. No dogging the rowing though!

### 3-5 Rounds

- Row 250m
- 8 manmakers/thrusters/push press
- 15 sit-ups
- 8 DB snatches
- 15 lateral lunges



# ERG EXTREME: ERG AND HEAVIER EQUIPMENT

## BELLS, BARS, & BALLS

### 3 Rounds

Row 3 mins

#### In between rounds, do 10-8-6 reps of:

- tire burpees
- wall balls
- KB or bar cleans
- KB goblet squats
- elevation planks / push-ups

## SHORT AND SWEET BY 55

**15 Minute AMRAP** (Set monitor for intervals>distance>undefined rest)

- Row 500m
- 5 wall walks/decline push-ups/gator walks/elevation planks
- 5 single-arm thrusters
- 5 V-ups/sit-ups
- 5 cleans

#### REPEAT

## BARs, BALLS, AND WALLS

### 3-5 Rounds

Row 1 min

- 10 deadlifts
- 15 medball sit-ups
- 5 toes to bar
- 5 wall balls
- 5 wall walks with push-up

## ROPES, TIRES, ERGS, OH MY!

**20 Minute AMRAP** (Set monitor for 2 minute intervals with undefined rest if you have that option)

- Row 2 mins
- 25 medball sit-ups
- Row 2 mins
- 30 seconds battle ropes
- 10 tire flips
- Row 2 mins
- 10 KB swings
- 10 DB plank row
- 10 goblet sumo squats (on a tire if available)

#### REPEAT

## ROW/SKI ERG EXPRESS

If you don't have access to a SkiErg you can row the whole workout. This one gives you a chance to zero in on just a few moves and really focus on technique and working those specific muscle groups.

- Row 500m
- 12 push press, squats, sit-ups with medball
- Ski 500m
- 9 push press, squats, sit-ups with medball
- Row 500m
- 6 push press, squats, sit-ups with medball
- Ski 500m
- 3 push press, squats, sit-ups with medball

# SUGGESTED WORKOUT CALENDAR

Let's put these workouts into a plan!

Here is a sample of how to use these workouts if you have six days a week to work out. If you want or need to work out fewer days per week, just drop out one or more.

Be creative with mixing the workouts, but never do back-to-back hard interval workouts. When you have challenged your body, it needs time to recover and get stronger. More is usually NOT better.

## SAMPLE WEEK PLAN FOR ERG AND BODYWEIGHT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dirty Dozen	Push & Row	OFF or active rest day: take a walk or jog	Scales	Minute Minder	Leap Frog	OFF

## SAMPLE WEEK PLAN FOR ERG PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-4-3-2-1 GO!	Lift & Lunge	OFF or active rest day: do something fun but not exhausting	Magic Mashup	Dumbbell Get 'Er Done	Damper Dynamics	OFF

## SAMPLE WEEK PLAN FOR ERG EXTREME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bells, Bars, & Balls	Short and Sweet By 5s	OFF or active rest day: take a walk or jog	Bars, Balls, and Walls	Ropes, Tires, Ergs, OH MY!	Row/SkiErg Express	OFF

If you are fit, skilled on the rower, and have access to equipment to tackle the Erg Extreme workouts, then you can create a **FLYWHEEL FRENZY** plan that incorporates workouts from all three levels.

## SAMPLE 2-WEEK PLAN FOR MIXING METER MAGIC!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bells, Bars, & Balls	Dumbbell Get 'Er Done	Bars, Bells, and Walls	Scales	Damper Dynamics	Row/SkiErg Express	OFF
Ropes, Tires, Ergs, OH MY!	Short and Sweet By 5s	OFF	Magic Mashup	Bars, Balls, and Walls	Magic Mashup	30-60 min steady-state row

Let us know how you like the workouts, and remember to use the hashtag **#flywheelfrenzy** online so we can see how you're doing and give you a virtual high five.

ROW ON!