

ENDLESS ENGINE - ROW WORKOUT

WEEK 1 | WORKOUT 2

DATE: _____

ROW WARM UP

- 10-15 Legs Only Pulls
- 10-15 Legs & Hips Pulls
- 10-15 Arms Only (From Finishing Position)
- 10-15 Full Pull (Knee - Hips - Arms)
- 10-15 No Strap Full Pulls (Keep feet planted)

TRAIN

GOAL SPLIT _____

*1-2 seconds below 500m test split

Set 1: x500m

@ 1-2sec under 500m split | Rest 2 Minutes

SPLIT _____

Set 2: x500m

@ 1-2sec under 500m split | Rest 2 Minutes

SPLIT _____

Set 3: x500m

@ 1-2sec under 500m split | Rest 2 Minutes

SPLIT _____

Set 4: x500m

@ 1-2sec under 500m split | Rest 2 Minutes

SPLIT _____

Set 5: x500m

@ 1-2sec under 500m split | Rest 2 Minutes

SPLIT _____

Set 6: x500m

@ 1-2sec under 500m split | Rest 2 Minutes

SPLIT _____

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COOL DOWN

5-10 min light bike or walk