

Overview

Anchors Away: Functionally Fun Rowing™ with SGT Ken® is a unique blend of dynamic and diverse WaterRower strength and stamina drills designed to deliver an extraordinary experience and rapid response! Come join our crew for a completely different approach to indoor rowing that will help you find victory through variety! #WaterRowerFitness

Program Theory

1. Program target: Muscular strength, Muscular endurance, Aerobic endurance.
2. Program type: Perform Variable Intensity Interval Training (VIIT) at 40-second intervals.
3. Program format: Fixed Circuit Fitness (time-controlled) in three phases: Warm-up, Workout and Wind-down.

Warm-up Phase

Orientation and Application: Perform 6 minutes of WaterRower® movements at 40-50% output, getting familiar with the WaterRower® machine and the posture necessary for optimal performance.

Dynamic Flexibility: Perform 4 minutes of dynamic flexibility exercises.

Workout: Variable Intensity Interval Training (VIIT)

40:20 sec work to rest	WaterRower® Stamina (1x)	WaterRower® Stability (2x)	WaterRower® Strength (2x)	Recovery (60 sec)
Round 1:	Legs only Rowing	Squat with Lateral Leg Extension	Squat and Row, Mid to High	Coach mode
Round 2:	Legs only Rowing	Squat with Back Leg Extension	Squat Pulses and Asymmetrical Load	Coach mode
Round 3:	Arms and Body only Rowing	Abdominal Roll-out	Wood Chops, Low to High	Coach mode
Round 4:	Arms and Body only Rowing	Plank Torso Twist	Punches	Coach mode
Round 5:	Row AMMAP	Pistol	Split Squat and Single Arm Row	Coach mode
Round 6:	Row AMMAP	Floating Mountain Climber	Kneeling Twist, Arms Extended	Coach mode

Wind-down

Dynamic or Static Flexibility: Perform 4 minutes of dynamic or static flexibility exercises.

Timing Options

1. Rapid Response: Warm-up (10 min), three rounds (18 min), Wind-down (4 min) = 32 minutes total
2. Double Time: Warm-up (10 min), five rounds (30 min), Wind-down (4 min) = 44 minutes total
3. Triple Threat: Warm-up (10 min), seven rounds (42 min), Wind-down (4 min) = 56 minutes total

Remarks

AMMAP = As many meters as possible.