



SUNNY



15 MINUTE INTERVAL ROWING WORKOUT

OBSIDIAN SURGE SF-RW5713 ROWER

ROUND #	TIME	STROKES PER MIN	RPE
1	2 MINUTE ROW	20—26	5—7
2	1 MINUTE ROW	15—18	3
3	2 MINUTE ROW	20—26	5—7
4	1 MINUTE ROW	15—18	3
5	2 MINUTE ROW	26—28	8—9
6	1 MINUTE ROW	15—18	3
7	2 MINUTE ROW	26—28	8—9
8	1 MINUTE ROW	15—18	3
9	2 MINUTE ROW	28—30	9—10
10	1 MINUTE ROW	10—15	1—3



RPE SCALE

1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Maximal/Exhaustion

Rowing Machine Workouts

M Tight



Rowing Machine Workouts:

Decoding **Rowing Machine Workouts**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Rowing Machine Workouts**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Rowing Machine Workouts Introduction

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