



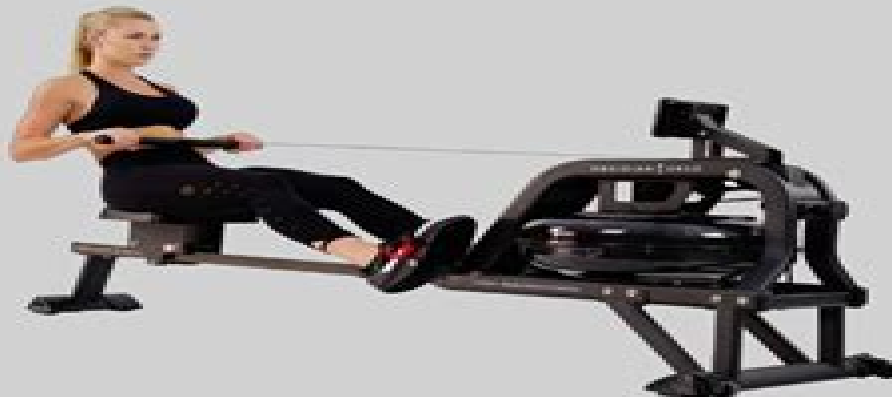
SUNNY



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

L Reisser



Rowing Machine Workouts:

The Enigmatic Realm of **Rowing Machine Workouts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Rowing Machine Workouts** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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