Erg Fitness
Monday/Wednesday/Friday 11:00 – 11:50
Lasell Gym- rowing machines

Erg Fitness will teach you the fundamentals of how to properly use that weird looking machine that is sitting dusty in the corner of your gym. The erg is a great tool for developing all over body strength and a good cardiovascular exercise. This class will show you how to row correctly so as to maximize your time and fitness goals.

**Week 1**

Technique and Fundamentals of fitness: short aerobic work to solidify movement. Evaluation of fitness. Continuous rowing and aerobic activity

**Week 2**

Review of technique: introduction of repeat timed work and stroke rate manipulation.

**Week 3**

Aerobic interval work, designed to raise your heart rate to between 75-80% of HRM zone and work 4-5 intervals of 5-7 minutes each, with rest in between each set.

**Week 4**

Aerobic interval work, designed to raise and hold your heart rate steady in the 80% of HRM zone for 3-4 intervals of 6-8 minutes each, with rest in between each set.

**Week 5**

Aerobic interval work with the introduction of increasing stroke rate and effort over time. 2-3 intervals of 8-9 minutes each, with rest in between each set.

**Week 6**

Introduction of short timed pieces with increased effort and stroke rate. 5-6 intervals of 3 minutes each, with equal rest between sets. Final workout of short bursts of power and speed over metered distance, with the last day being an opportunity to see your fitness improvements.