



# ROW CIRCUIT



THE FITNESS SHACK

[www.fitnesssylvania.com](http://www.fitnesssylvania.com)

## TERRY'S LADDER

TERRY SMYTHE BROUGHT ROWING TO THE FITNESS SHACK IN 2014 AND PASSED AWAY IN 2018 AFTER A VALIANT BATTLE WITH CANCER. THIS IS TERRY'S SIGNATURE WORKOUT.

ROW A FIVE MINUTE OR 1500M WARM-UP BEFORE BEGINNING THE LADDER, AND MAKE SURE TO REPEAT AS A COOL DOWN.

ROW 250M

25 PUSH-UPS

ROW 500M

50 SQUATS

ROW 750M

75 JUMP ROPES

ROW 1000M

100 SIT-UPS

COMPLETE LADDER 1 TO 3 TIMES DEPENDING ON YOUR FITNESS LEVEL

CATCH • DRIVE • FINISH • RECOVER



Physician Approved Fitness