



# ROW CIRCUIT



THE FITNESS SHACK

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

ROW 1500 M • **WARM UP**

**CURLS • 3 SETS OF (10)**

ROW 1000 M • **30/30**

**KICKBACKS • 3 SETS OF (10)**

ROW 500 M • **SPRINT**

**SIT-UPS • 3 SETS OF (10)**

ROW 500 M • **SPRINT**

**DEAD LIFTS • 3 SETS OF (10)**

ROW 1000 M • **POWER (10)**

**BENCH PRESS • 3 SETS OF (10)**

ROW 1500 M • **HIGH DAMPER**

**CATCH • DRIVE • FINISH • RECOVER**



Physician Approved Fitness