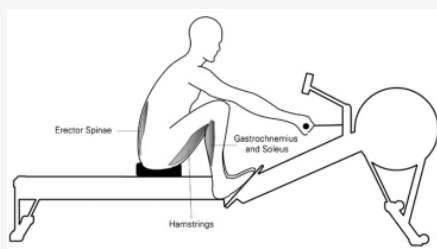


Introduction

One of the rowing machine's claims to fame is it's fantastic for working out your whole body. Your upper and lower body are required to complete a full rowing stroke. You'll be getting a solid workout that's guaranteed to get you sweating and works out your entire body

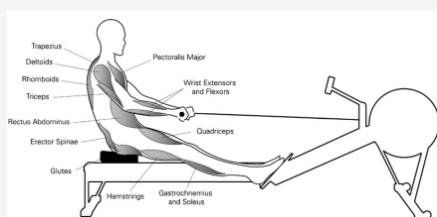
Source: <http://www.rowingmachineking.com/what-does-a-rowing-machine-do-for-your-body/>

1. Catch



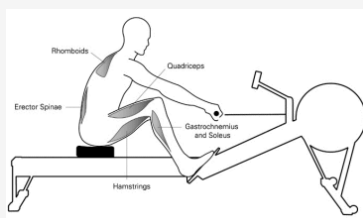
The "Catch"- Muscles worked: Erector Spinae, Gastrocnemius and Soleus, and Hamstrings.

3. The "Drive"



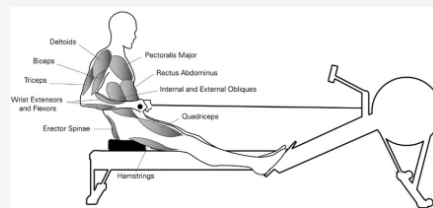
The "Drive"- Muscles worked: Erector Spinae, Rectus Abdominus, Triceps, Rhomboids, Deltoids, Trapezius, Pectoralis Major, Wrist Extensors and Flexors, Quadriceps, Glutes, Hamstrings, and Gastrocnemius and Soleus.

2. Start of the "Drive" (Two Phase Motion)



Start of The "Drive"- Muscles worked: Erector Spinae, Rhomboids, Quadriceps, Gastrocnemius and Soleus, and Hamstrings.

4. The "Finish"



The "Finish" Muscles worked: Erector Spinae, Wrist Extensors and Flexors, Triceps, Biceps, Deltoids, Pectoralis Major, Rectus Abdominus, Internal and External Obliques, Quadriceps, and Hamstrings.

Benefits

- 1: Full-Body Muscle Workout
- 2: Great Aerobic & Anaerobic Workout
- 3: Burns a Lot of Calories
- 4: Saves Time
- 5: Low Impact

Full Body Workout

- Rowing machines provide a solid full-body workout. The entire rowing motion involves all major muscles of the lower and upper body.
- Throughout the entire rowing motion, you're working out your legs, core, back, and arms. You're also developing stronger hands and forearms since your hands are gripping the handle the entire time.
- When you start the rowing motion (in the "catch" position), you push off with your legs. This works out your quads, hamstrings, buttocks, and calves.
- The next phase of the rowing motion is "the drive". This phase begins by straightening your legs, while beginning to lean back and pull the handle to your chest. The "Drive" will work out almost 84% of the muscles in your body!
- During the next phase of the motion called "the finish", you will have pulled the handle to your lower chest and leaned backwards slightly. You're entire core is engaged and ready to spring yourself back forwards.
- The last phase called "the recovery" is when you return back to the "catch" position or the beginning of the motion. Again this requires your core and all your stabilizer muscles to spring yourself forward. You also engage your hamstrings to help slide your body to the front of the rowing rail.