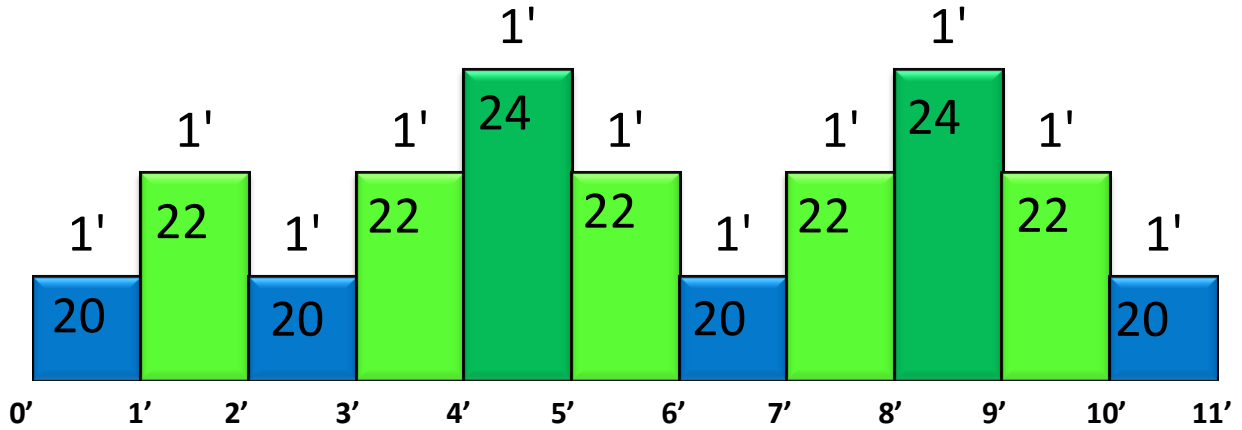


### 3 Power Peaks with Rope

**Explanation:** Total workout is 11 minutes done with a rope attached to the boat or a bungy cord under the boat. You spend one minute at each rating and aim more maximum distance per stroke.

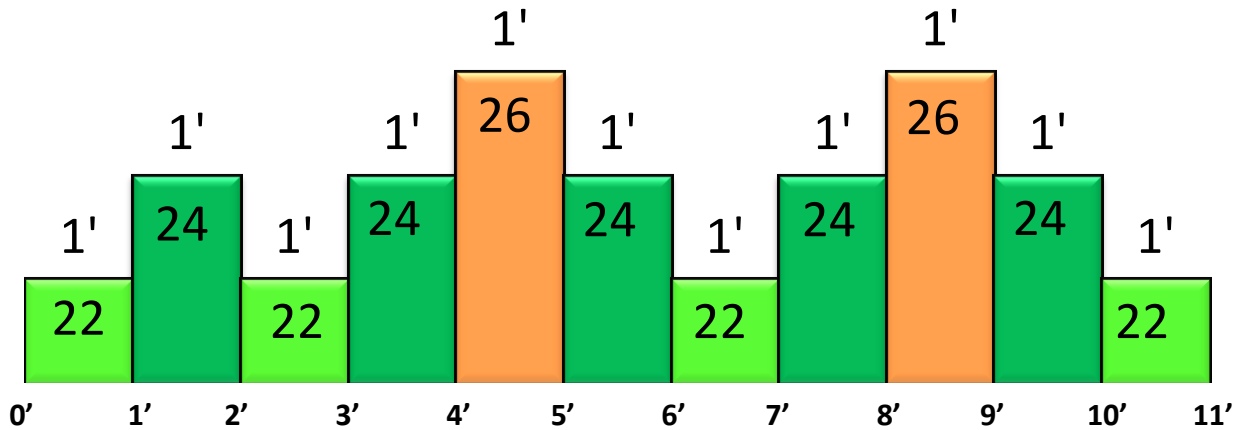
3 Power Peaks 20: R 20/22/24

*Decent Rowing*



3 Power Peaks 22: R 22/24/26

*Decent Rowing*



3 Power Peaks 24: R 24/26/28

*Decent Rowing*

