

Beginner Bodyweight Strength Routine for Rowers

Focus on movement **technique** and **high quality** movement patterns

Perform **3 sets** of **8-10 repetition** (each side if applicable) with **1-2 minutes rest** between sets.

Choose **1-2 exercises per quadrant** for each session to ensure you are covering all major movement patterns. Perform **3 sets** of the exercise before moving onto the next exercise.

Lower Body Push Exercises

1. Bodyweight Squat
(with/without a light stick)



2. Lunge



3. Single Leg Squat



Lower Body Pull Exercises

1. Glute Bridge



2. Single Leg Glute Bridge



3. Single Leg Deadlift



Upper Body Push Exercises

1. Push-up (from knees if required)

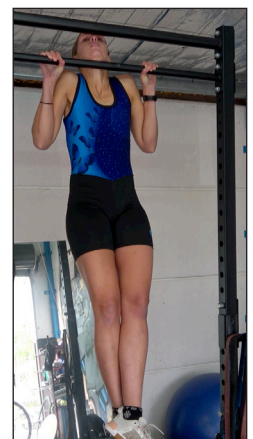


2. Bench Dips



Upper Body Pull Exercise

1. Pull-up
(assisted if required)



2. Inverted Row

