

Raex Beginners Ergometer Training Plans:

BEGINNER PROGRAMS (Fitness, Technique & Fun)

PROGRAM 1 – Technique Foundations (Week 1)

Goal: Learn proper form, rhythm & breathing

Pace guide: Conversational / 60–65% effort

Day 1:

- **Warm-up**
 - 3 min easy erg (18 SPM)
 - Dynamic mobility (arm circles, hip openers)
 - Rowing drill: arms-only, legs-only, full stroke x 2 min each
- **Main Set**
 - 3 x 8 min @ 20 SPM, 60–65% effort (2 min rest)
 - Focus: smooth stroke, relaxed hands
- **Cool-down:** 5 min light erg + stretching

Day 2

- **Warm-up:**
 - 5 min erg @ 18 SPM,
 - 5min rowing drills (check arms and back, rowing only legs)

- Mobility exercises
- **Main Set**
 - Technique pyramid:
3–4–5–4–3 min @ 18–20–22–20–18 SPM
(1 min rest between each) X 2 sets, Rest: 3min
- **Cool-down:** Breathing + lower back stretch

Day 3

- **Warm-up:** 10min light row
- **Main Set:**
 - 20 min total: every 2 min change stroke rate:
(18 / 20 / 22 / 20 / 18, repeat)
 - Focus: posture, handle control
- **Cool-down:** Seated hamstring & neck stretches

PROGRAM 2 – Endurance Basics

Goal: Build aerobic base & basic stamina

Pace guide: Steady state, 60–70% effort

Day 1

- **Warm-up**
 - 5 min easy row + shoulder mobility
- **Main Set**
 - 2 x 12 min @ 20 SPM, 65% effort
 - Include 30s pause every 4 min for form check
 - 3 min rest between
- **Cool-down:** 5 min row @ 16 SPM, full-body stretch

Day 2

- **Main Set:**
 - Row 18 min continuous
 - Every 6 min, increase SPM slightly (18 → 20 → 22)
 - Effort stays below 70%
- **Cool-down:** 5 min row, 5 min foam rolling

Day 3

- **Main Set:**
 - 5 rounds of:
 - 3 min row @ 20 SPM
 - 1 min off-erg (bodyweight squats & planks)
- **Cool-down:** Team stretching circle

PROGRAM 3 – Rhythm & Coordination

Goal: Balance, core, and smooth transitions

Day 1

- **Main Set:**
 - Ladder: 5–4–3–2–1 min @ 18/20/22/20/18 SPM
 - Repeat twice
 - Focus on rhythm: legs → body → arms

Day 2

- **Main Set:**
 - 4 x 6 min with 2 min rest
 - Each set: change technique focus
 - Set 1: Legs only start
 - Set 2: Core engagement
 - Set 3: Recovery phase
 - Set 4: Full flow

Day 3

- **Main Set:**
 - 20 min easy row: every 4 min, add a 30-sec burst @ 24 SPM
 - Controlled breathing

PROGRAM 4 – Low-Impact Fitness Mix

Goal: Fun, varied, cross-training

Day 1

- **Main Set:**
 - 3x6 min @ 20 SPM
 - Then:
 - 3 rounds: 1 min row @ 24 SPM + 1 min wall sit

Day 2

- **Main Set:**
 - 5 min steady
 - 3 rounds of:
 - 2 min fast legs only
 - 2 min fast arms-only
 - 2 min full strokes @ 22 SPM

Day 3

- **Main Set:**
 - Relay-style partner row (1 min each on erg, 1 min rest, 5 rounds)
 - Fun + engagement

PROGRAM 5 – Progressive Challenge Week

Goal: Build confidence through progression

Day 1

- 3x5 min @ 18/20/22 SPM with 1 min rest
- Repeat once

Day 2

- 2x10 min @ 20 SPM
- Every 2 min: insert a 10-stroke power burst

Day 3

- Pyramid row:
 - 1-2-3-4-5-4-3-2-1 min
 - Increase SPM each step (18 → 24)
 - Rest: 30s-1 min between