





Sports West Personal Training's  
**MAY FITNESS CHALLENGE**  
Rowing Machine Marathon 2019

## Time & Distance Tracking Form



MAY 1-31 2019

### INSTRUCTIONS & INFO

This May, your challenge is to row a cumulative **Marathon - 42,195 meters**.

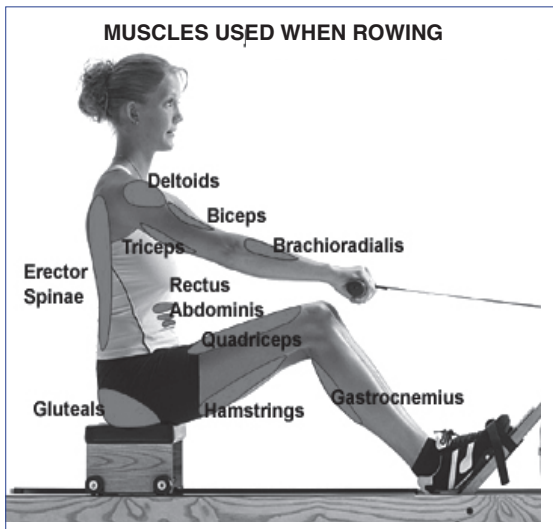
Use this tracking form to record all of the meters you row between **May 1** and **May 31, 2019**. When you're finished at the end of May, please put this **completed tracking form** in the file folder in the file box in the top left cubbie (*of the cubbies next to the fitness office*).

Use any of Sports West's (**4 Matrix®** row machines in the **Cycle Studio**, **1 Concept2®** machine in the **Jungle Gym** area, and **2 more** upstairs, outside the **Pilates Studio**.)

At the end of the month, all completed log sheets will be entered into our **PRIZE DRAWING!**

### THE PRIZES

- ✓ 1 **50-Minute Massage** at **Spa of the West** ([www.spaofthewest.com](http://www.spaofthewest.com))
- ✓ 6 **Personal Training Sessions**
- ✓ 45 Minute **Private Allegro Pilates**
- ✓ \$25 **Credit** at **Sports West Café**
- ✓ 45 minute **Private Yoga Session**
- ✓ 1 **Sports West Gym Bag**



### THE BENEFITS OF ROWING

- ✓ Rowing trains '*triple extension*', involving the ankles, knees and hips, which are essential for other **exercises** such as **lunges, deadlifts and squats**.
- ✓ Arms and back are involved in this cardio exercise, unlike most others.
- ✓ Rowing can be either **aerobic** or **anaerobic**, resulting in **endurance, strength, or both**.
- ✓ Rowing is **low impact**: if your knees or lower back are prone to soreness from running, rowing may be a good alternative.
- ✓ Rowing involves **85%** of your **major muscle groups**.  
(*Big Calorie Burn!*)

### ROWING TECHNIQUE INFO

For rowing technique instruction, go to:

[www.concept2.com/indoor-rowers/training/technique-videos](http://www.concept2.com/indoor-rowers/training/technique-videos)

Or Scan Here >>

