

25 Minutes Rowing Machine High Intensity Interval Training For Weight Loss

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Article Link: <https://thefitnessphantom.com/hiit-rowing-machine-workout/>

Rowing Duration	Intensity	Rest	Sets	Duration
60 seconds	65-70 % of MHR	60 seconds	3	6 minutes
45 seconds	70-75 % of MHR	45 seconds	4	6 minutes
30 seconds	75-80% of MHR	30 seconds	5	5 minutes
20 seconds	80-85 % of MHR	20 seconds	6	6 minutes

15 seconds	85-90 % of MHR	15 seconds	4	2 minutes
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Advanced 30-Minute HIIT Rowing Machine Workout For Fat Loss

Estimated Calories Burned: 400-500

Rowing Duration	Intensity	Rest	Sets	Duration
60 seconds	65-70 % of MHR	60 seconds	4	8 minutes
45 seconds	70-75 % of MHR	45 seconds	6	9 minutes
30 seconds	75-80% of MHR	30 seconds	6	6 minutes
20 seconds	80-85 % of MHR	20 seconds	6	6 minutes
15 seconds	85-90 % of MHR	15 seconds	2	1 minute

