

20-Minute HIIT Rowing Machine Workout Program For Intermediate

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

This 20-minutes rowing high-intensity interval training includes a total of 8 rounds. It is for intermediate-level fitness enthusiasts so it can be challenging for you.

Estimated Calories Burned: 200-250

Before starting the HIIT session, remember to warm up your body for 5 to 10 minutes. Once your heartbeat and blood flow increase, you'll be ready to perform the twenty-minute long HIIT session.

Round (1-8)	Rowing Duration	Intensity	Rest
1	30 seconds	60-65 % of MHR	30 seconds

2	45 seconds	65-70 % of MHR	45 seconds
3	60 seconds	70-75 % of MHR	60 seconds
4	60 seconds	70-75 % of MHR	60 seconds
5	60 seconds	75-80 % of MHR	60 seconds
6	2 minutes	75-80 % of MHR	60 seconds
7	2 minutes	80-85 % of MHR	2 minutes
8	2 minutes	85-90 % of MHR	60 seconds

Notes:

1. You can make changes in this routine according to your fitness level.
2. It will be difficult in the beginning. You'll be able to increase intensity and timing as you do it consistently.
3. Keep your body hydrated during the workout. Because dehydration causes cramps and makes you feel low.