The rowing machine provides a non-impact, partially weight bearing aerobic workout using your upper and lower body. Adjust the foot straps so both feet are supported by the foot rests. Tighten the toe clasps around each foot for a snug fit. Select a drag resistance from a scale of 1-10. Program the console. Hold the handlebar with an overhand grip. Press away from the foot rests using your leg muscles. Once your legs are extended, pull the handlebar toward your abdomen. Try to keep your shoulders relaxed and your elbows close to your sides. Bend your knees to return to the starting position. Choose a drag resistance and speed (strokes per minute) that allows you to talk but not comfortably sing.

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