

## Overview

The WaterRower® Games™ with SGT Ken® is an extremely exciting multi-event challenge utilizing calisthenics and rowing races! Crews of four endure several stations of strength and stamina drills for 60 seconds, followed by 60-second recovery periods. Repetitions and meters achieved are added to determine 1st, 2nd and 3rd place teams. #WaterRowerFitness

## Program Theory

1. Program target: Muscular strength, Muscular endurance, Aerobic endurance.
2. Program type: Variable Intensity Interval Training (VIIT).
3. Program format: Fixed Circuit (time-controlled) in three phases: Warm-up, Workout and Wind-down.
4. Program focus: AMRAP (As Many Repetitions As Possible) and AMMAP (As Many Meters as Possible).

## Warm-up Phase

**Orientation and Application:** Perform 6 minutes of WaterRower® movements at 40-50% output, getting familiar with the WaterRower® machine and the posture necessary for optimal performance.

**Dynamic Flexibility:** Perform 4 minutes of dynamic flexibility exercises.

## Workout: Variable Intensity Interval Training (VIIT)

### STATION 1: LATERAL TUCK JUMP AND PUSH UP DRILL



### STATION 2: ALTERNATING SINGLE-LEG SQUAT DRILL (PISTOL)



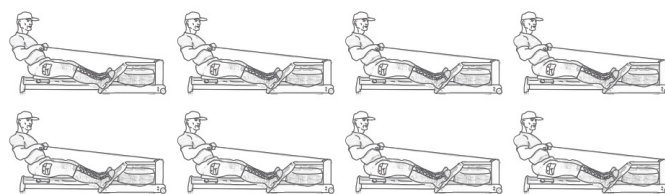
### STATION 3: SEE-SAW JUMP SQUAT DRILL



### STATION 4: QUADRUPEDAL SIDE KICK DRILL



### STATION 5: ROW FOR DISTANCE



## Wind-down

**Dynamic or Static Flexibility:** Perform 4 minutes of dynamic or static flexibility exercises.

## Timing Options

1. Rapid Response: Warm-up (10 min), three rounds (18 min), Wind-down (4 min) = 32 minutes total
2. Double Time: Warm-up (10 min), five rounds (30 min), Wind-down (4 min) = 44 minutes total
3. Triple Threat: Warm-up (10 min), seven rounds (42 min), Wind-down (4 min) = 56 minutes total