



# JOIN THE CREW

**ROWING - BECAUSE WHAT ELSE WORKS 86 PER CENT OF YOUR MUSCLES IN ONE SESSION?**

**In a 30-minute rowing session, you'll complete 1000-odd strokes, with every stroke feeling like a squat. That's a lot of squats.**

**K**nown by some as a pastime for jocks with stripy blazers and zero sporting prowess, others may recall *The Great Gatsby's* closing line – “So we beat on, boats against the current” – when considering rowing. Either way, the success achieved by Sydney’s first boutique rowing studio, Crew, is proof that it’s an alluring way to shape your body.

As well as burning twice as many calories as most other forms of exercise, being low-impact means less wear and tear on joints – broadening rowing’s appeal to varied ages and fitness levels. It also allows those fitter types to back up a tough session quicker than, say, running, where you’ll likely only burn only around 420kj per mile. The general assumption about rowing is it only works the upper-body – though Crew founder and trainer Mike Aldridge

explains that each stroke is broken down to a 60/20/20 ratio of legs, core and arms.

“Driving the legs down in the stroke requires the use of quadriceps, glutes and calf muscles. The pulling motion requires you to utilise the lats, rhomboids, shoulders and biceps,” explains Aldridge. “Other muscles provide stabilisation and support.”

Unsupervised in the gym, there’s a tendency to whack a rower to 10 on the damper setting and sit back and sail. Not so at Crew, which uses beautifully hand-crafted and historical wooden WaterRowers – the same used by Frank Underwood in *House of Cards*.

“These are designed with a unique water flywheel, made to feel and sound like you’re rowing on water. The harder you pull, the more drag you generate – you’re the engine, and the level of work you maintain is limited by only you.”

Time then to give it a row (sorry).

**MEMBERSHIP FROM \$50 A WEEK; CREWROW.COM.AU**

## The Crew workout

In 30 minutes you’ll row more than 2km.

### WARM UP

2 min row - steady (stroke rate (SR): 26)  
2 min stretch

### HIGH-INTENSITY - 3 ROUNDS

One round = 30 secs squats, with 10 secs rest. Then repeat with push-ups, lunges and alpine climbers. Finish with a row. Repeat for rounds 2 and 3, with longer distance rows.  
1) Row 100m (aim for under 20 secs)  
2) Row 200m (aim for under 40 secs)  
3) Row 300m (aim for under 60 secs)

### ACTIVE RECOVERY

45 secs forearm plank  
- 10 secs off - 45 secs straight-arm plank

### PYRAMID SET - 3 ROUNDS

1) 10 x thrusters - row 300m  
2) 10 x thrusters + 10 x bicep curls - row 200m  
3) 10 x thrusters + 10 x bicep curls + 10 x burpees - row 100m

### ACTIVE RECOVERY

45 secs forearm plank  
- 10 secs off - 45 secs straight-arm plank.  
400m row (SR between 26-30)

### HANDS ON RAIL - 3 ROUNDS

(30 secs recovery between each)  
10 x incline push-ups on rower  
10 x tricep dips on rower

### EMPTY THE TANK

500m row - max effort - target under 1:50

### TOP TECHNIQUE

“Bend knees so they almost touch your chest, with shoulders and arms forward. Push feet against the platform as arms stay straight until the last quarter of the stroke, when you use biceps to rip the handle into the chest with elbows out and a slight lean back. Aim for a 2:1 ratio - slow forward, fast back.”



## HAYDEN COX, SURFBOARD SHAPER

### NAIVETY HELPS

“I started Haydenshapes when I was in high school and leased my first factory aged 22. I had no money and couldn’t even build a board from start to finish. But throwing myself into the deep end meant I had to figure it out or I’d sink - being naive meant I wasn’t daunted by the risk of failing.”

### MUM’S THE WORD

“Surfboards are a hobby Hayden, not a business.’ Critics can be your biggest motivators - even if it comes from a good place.”

### AUSSIE INNOVATION

“Last year I interviewed Noel Gordon, fellow Aussie and co-founder of Google Maps, for my book *New Wave Vision* and we talked about how Australians are great innovators. He thought it was bred into our blood, being so geographically removed that historically we’re natural inventors because we have to be.”

### STAY STRONG

“I still own 100 per cent of Haydenshapes. All other major brands in our category have had corporate funding and have a board of directors they answer to. We’ve never had financial backers, which has made the hard times even tougher, but it also means I’ve maintained full control of the business.”

[HAYDENSHAPES.COM](http://HAYDENSHAPES.COM)