

On the pull



Step aside, spin – rowing is our newest workout obsession

Rowing machines are making a comeback! Once the tedious machines we'd climb onto at the end of our gym session, they are fast replacing spin as our go-to cardio workout – because you can burn up to 1000 calories

in a single sweaty session. Yes, really!

WAY TO ROW! Hot in Australia but also around the world, studios focusing on group rowing classes are springing up everywhere.

"Rowing is a low-impact, total body workout," says Sydney's Crew Boutique Rowing Studio founder Michael Aldridge. "There's no stress placed on the body like there is in running and other activities. There's no downward force being placed on the lower back, knees or ankles, so no exacerbation of pre-existing injuries.

"Rowing workouts hit every single muscle in the body with every stroke," he adds. "It will work muscles you didn't know existed."

WHY THE POPULARITY?

Not only are there huge health benefits, but rowing is a way to burn serious calories in a short amount of time. At Crew, rowing is combined with dumbbells, medicine balls and resistance bands for a full body workout.

"[Classes] are roughly 80 per cent young females. They love the personalised, small-group class environment," says Michael. "They can come in and get their cardio, toning, core and ab [workouts] completed in 45 minutes in a comfortable environment."

POWER OF PULL

Rowing on a machine is much easier than taking to actual water – and there's zero chance of tipping overboard! But there are still some techniques you'll need to remember to perfect your stroke.

"Rowing is all about tempo," explains Michael. "You need to treat the way forward as your chance to recover, breathing in through your nose [and] catching your breath, before the drive on the way back where you use your legs, core and arms in an explosive stroke, breathing out through your mouth."

GAL'S ROWING REPS
Want to try the Wonder Woman workout that got Gal Gadot super-toned? Gal rowed for five minutes at an easy pace, rested for two, then did another five minutes that included 10-second sprints.

Don't miss the boat

Where to find your best row bros

CREW
Based in Sydney's CBD, this boutique studio's 45-minute classes focus on their WaterRower rowing machines, with added floor work for maximum calorie burn. crewrow.com.au

445 NATIONWIDE
The functional training classes at this high-energy gym combine complete various training circuits, which include stints on rowing machines to really up your fitness levels. training.com.au

ERGFIT INDOOR ROWING
Not sure about your rowing technique? Head to ERGFIT's studio in Victoria's Moonee Ponds for expert tips and a workout that will really get your heart racing. ergfit.com.au

Smart

200 calories or less

- 10 strawberries and 170g of low-fat Greek yoghurt **162 calories**
- 1 large apple **106 calories**
- 2 rye Cruskits with 1 tbsp peanut butter **162 calories**
- Carrot sticks with 3 tbsp hummus **150 calories**
- 1 veggie rice paper roll with 2 sweet chilli sauce **140 calories**
- 1 cup pretzels **171 calories**
- 1 cup air-popped popcorn **27 calories**
- Half a wholemeal pita pocket with 2 tbsp low-fat cottage cheese **168 calories**