

A man with a short haircut, wearing a bright yellow short-sleeved shirt and dark shorts, is seated on a rowing machine in a gym. He is looking directly at the camera with a neutral expression. The background is a blurred gym environment with warm, golden light filtering through windows, creating a bokeh effect. The overall mood is energetic and focused.

**ENERGYFIT™**

**SKI-ROW™**

TRAINING GUIDE

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# IMPORTANT SAFETY NOTES

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## WARNING!

The safety level of the machine can only be maintained if it is regularly inspected for wear and/or damage. Replace defective components immediately to ensure safe use. Do not use the machine until it is fully repaired.

Use of this machine with worn or weakened parts (pulleys, cords, spools) may result in injury to the user. When in doubt about the condition of any part, we strongly advise that it be replaced immediately. Use only genuine Impulse replacement parts. Use of other parts may result in injury or poor performance of your machine.

The Ski-Row must be used on a stable, level surface.

Do not twist the cords and avoid pulling them all the way out to the point at which they stop. Do not release handles when they are in the pulled out position. Bring handles back to the top position before releasing them. Perform regular inspection and maintenance as recommended. Keep unsupervised children away from the Ski-Row.

## LIABILITY DISCLAIMER

By making use of any information in this document, you agree to the following:

**NO WARRANTIES:** All of the information provided in this document is provided "AS-IS" and with NO WARRANTIES. No express or implied warranties of any type, including for example implied warranties of merchantability or fitness for a particular purpose, are made with respect to the information, or any use of the information, in this guide. ENERGYFIT ("Company") makes no representations and extends no warranties of any type as to the accuracy or completeness of any information or content in this guide.

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**USE AT YOUR OWN RISK:** This document is for informational purposes only. Consult a physician before performing any exercise program, including the workouts, plans, or exercises in this guide. It is your responsibility to evaluate your own medical and physical condition, or that of your clients, and to independently determine whether to perform, use or adapt any of the information or content in this document. Any exercise program may result in injury. By voluntarily undertaking any exercise displayed in this guide, you assume the risk of any resulting injury.

# STRETCHING GUIDE

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Many exercise related injuries may be prevented by stretching effectively before and after a workout.

Warm up prior to stretching by rowing and/or skiing lightly for 2-4 minutes. While stretching take full deep breaths and limit bouncing movements. Repeat each stretch 2-4 times and hold pre-workout stretches for roughly 10 seconds. For post-workout stretching hold each stretch for roughly 30 seconds.

## RECOMMENDED STRETCHES

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### TRICEPS

Put one arm behind your head with your elbow pointing up. Grab your elbow with your free hand and gently pull. Repeat with other arm.



### LEGS & BACK

Take a long step forward with one leg & slowly lunge down until thigh is parallel to the ground, keep torso vertical. Repeat with other leg.



### GLUTES & HAMSTRINGS

Bend one knee up to your chest & grab it with both hands. Gently hug your leg to stretch. Repeat with other leg.



### CALVES & ACHILLES

Lean forward against a wall with your hands. Hold one heel on the ground and gently stretch the calf area. Repeat with other leg.



### LEGS

Stand on your hands and feet in a bridge position. With arms straight gently stretch the back of one leg. Repeat with other leg.



### STANDING HAMSTRINGS

Place one straight leg on a raised surface. Lean forward to gently stretch the leg. Repeat with other leg.



### QUADRICEPS

Bend one leg and grab the foot with your hand. Gently pull your foot up against your glutes to stretch. Repeat with other leg.



### HAMSTRINGS

While seated on the floor straighten one leg. Gently lean forward and reach for your foot. Repeat with other leg.

# GETTING STARTED

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The Ski-Row is easy to use. Once you learn the basics, you can develop a plan to achieve your fitness goals. Use the information provided throughout this guide to make the most of your Ski-Row.

## LEARN PROPER TECHNIQUE

Before your first workout, take the time to review the technique information provided later in this guide. Learning proper technique initially will help you row and ski more effectively. It will also assist in injury prevention and the formation of bad technique habits that are challenging to break.

## TRACK YOUR PROGRESS

A key motivational tool is the monitoring of your progress towards your fitness goals. At the end of this document we have provided a sample training log you can use to document your workout performance. We recommend you make photocopies to be used in your training plan going forward.

## ALTERNATIVE EXERCISES

In addition to rowing and skiing simulation the Ski-Row offers the ability to perform alternative strength and cardio exercises. We've included several examples with instructions and links to online videos, but your imagination is the only limitation.

## START SLOW

When you first get started, it can be tempting to do too much too soon. We recommend you focus on refining your technique at different speeds, resistance levels, and workout durations. We have included a set of "Initial Workouts" that will help get you up to speed.

## EDUCATE YOURSELF

Familiarize yourself with the magnetic resistance setting and how it controls the feel of the machine.

## TRAINING PLANS

We have included several training plans for your reference. The first is for the rowing modality, followed by the Ski-Erg modality, and lastly suggestions for combined workouts. They are sample two-week training plans meant to build upon the "Initial Workouts" we've also provided. Additionally they should kick-start your desire to create long term training plans. You can develop them on your own or use the countless resources available online to assist you, the possibilities are endless.

# ROWING TECHNIQUE

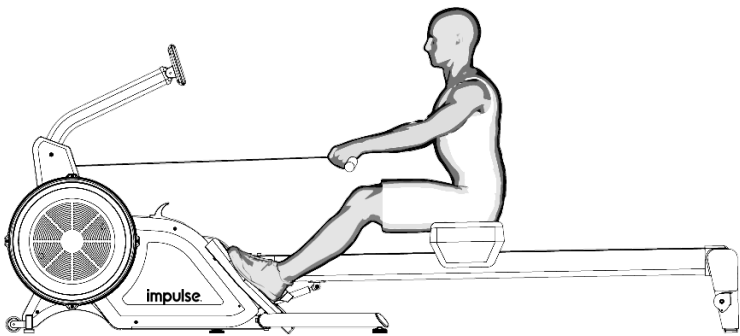
Rowing is an exercise that uses every large muscle group in the body. Below are descriptions and illustrations of each of the four rowing movements.

Start with a simple plan: Legs first, then body, then arms on the drive; Arms, body, then legs on the recovery.



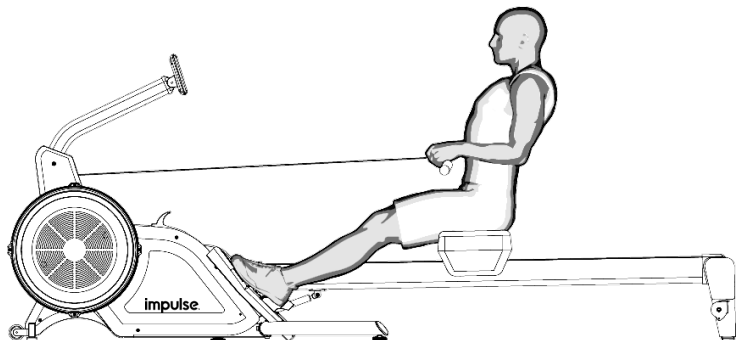
## 1. THE CATCH

- Shins vertical with body pressed up to the legs
- Arms extended and relaxed
- Head neutral
- Shoulders level



## 2. THE DRIVE

- Press with your legs to begin the drive
- Arms still extended and inline with flywheel
- Body swings back past vertical
- Pull handle strongly to body



## 3. THE FINISH

- Use your core to support strong body position
- Handle held just above your stomach
- Wrists flat
- Shoulders relaxed



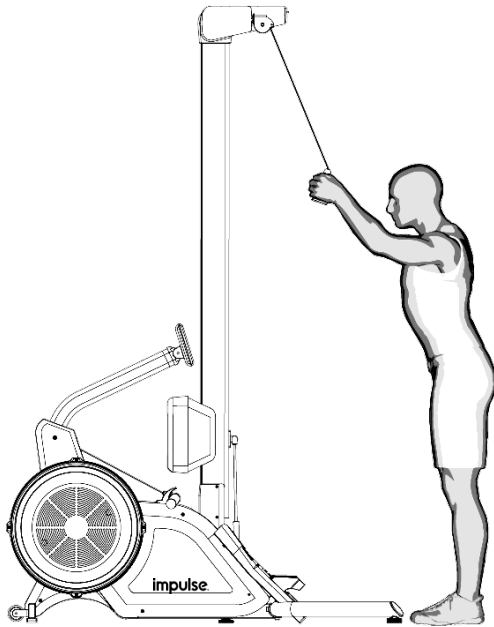
## 4. THE RECOVERY

- Extend your arms completely
- Lean forward at the hips
- Bend your knees when hands pass your knees
- Return to the catch position to begin next stroke



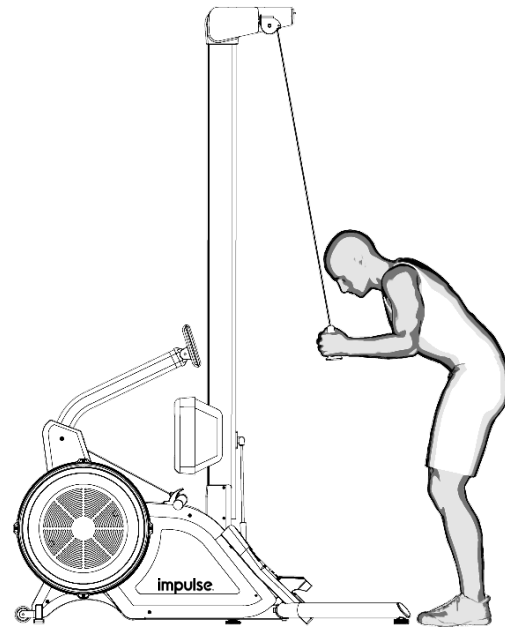
# SKIING TECHNIQUE

Like rowing, Skiing is an exercise that uses every large muscle group in the body. Below are descriptions and illustrations of each of the four Skiing movements.



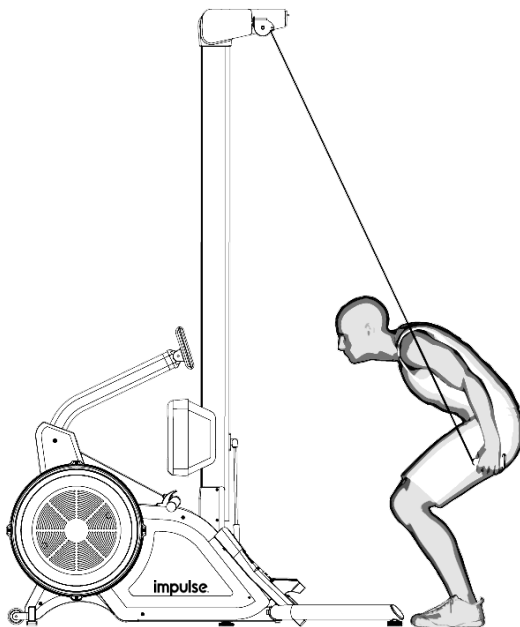
**1. THE CATCH**

- Stand feet shoulder-width apart
- Grab the handles with relaxed arms
- Your hands should be slightly above your head



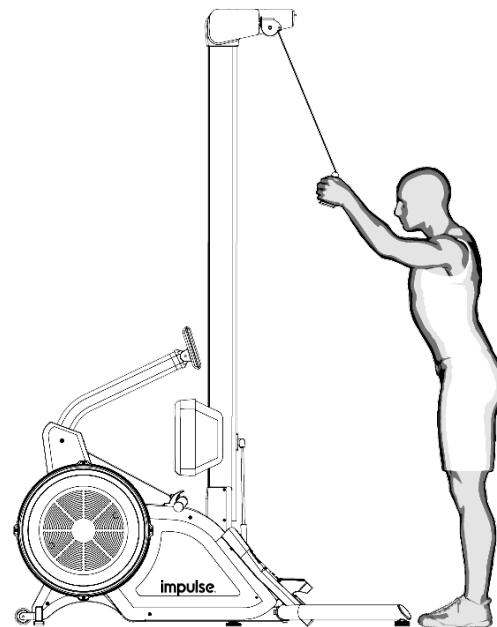
**2. THE DRIVE**

- Bend your knees and use your core muscles to pull the handles downward
- Keep the handles near your head by keeping your arms bent



**3. THE FINISH**

- With your knees still bent finish the pulling motion by extending your arms down along the side of legs



**4. THE RECOVERY**

- Straighten your body and extend your arms to return to the catch position to begin your next stroke.

# INITIAL ROWING WORKOUTS

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Once you've learned the rowing technique you can begin increasing the intensity and length of your workouts. Here are few workouts to get you started, we recommend doing them in the order listed. Before trying these workouts, please read our liability disclaimer on page 3.

## WORKOUT 1

Start with a row of 3–5 minutes. If you feel good afterward, do more short intervals like this.

## WORKOUT 2

Start paying attention to stroke rate and power output. On the console, stroke rate is displayed in strokes per minute; power output is displayed in watts. Here are the workout details:

1. 2 minutes at 20 strokes per minute (spm), comfortable effort; 1 minute rest.
2. 2 minutes at 22 spm, harder effort; 1 minute rest.
3. 2 minutes at 24 spm, comfortable effort; 1 minute rest.
4. 2 minutes at 24 spm, harder effort; 1 minute rest.
5. 10 minutes consistent pace rowing at your choice of power and stroke rate. Remember the pace you chose because you will use it in your next workout.

## WORKOUT 3

This workout introduces longer pieces with stroke rate variation. Here are the details:

Do four 6 minute pieces, varying the stroke rate as noted below. Try to row at a pace that is slightly faster than your 10 minute pace from Workout 2.

1. 20 spm for the first 2 minutes
2. 22 spm for the next 2 minutes
3. 24 spm for the last 2 minutes,
4. Rest: row very easily for 2 minutes before starting the next 6 minute piece.

## WORKOUT 4

This workout consists of longer, steady rowing.

Do two 8 minute pieces with 4 minutes rest in between. Aim for a pace that's between the paces you rowed in workouts 2 and 3. Your stroke rate should be in the 20 to 24 range.

## WORKOUT 5

This workout features short intervals to change things up. This workout will determine your fastest pace.

Row 1 minute hard, 1 minute easy for a total of 18 minutes. Watch the console for your pace. Your stroke rate should be in the 20 to 24 range. Record your pace after the workout.

## BENCHMARK WORKOUT

Once you complete Workout 5, do a benchmark piece of 30 minutes nonstop. Record your total meters, and repeat this workout every few weeks to see how you are progressing.

## NEXT STEPS

Now that you've completed the initial workouts you'll want to create a training plan to achieve your goals. This guide contains a sample two-week training plan to get you started along with links to additional training resources.



# INITIAL SKIING WORKOUTS

Once you've learned the skiing technique you can begin increasing the intensity and length of your workouts. Here are few workouts to get you started, we recommend doing them in the order listed.

Before trying these workouts, please read our liability disclaimer on page 3.

## WORKOUT 1

Start with a skiing exercise of 3–5 minutes. If you feel good afterward, do more short intervals like this.

## WORKOUT 2

Start paying attention to stroke rate and power output. On the console, stroke rate is displayed in strokes per minute; power output is displayed in watts. Here are the workout details:

1. 2 minutes at 35 spm, comfortable effort; 1 min rest
2. 2 minutes at 40 spm, harder effort; 1 min rest
3. 2 minutes at 42 spm comfortable; 1 min rest
4. 2 minutes at 44 spm, harder effort; 3 min rest
5. 10 minutes consistent pace skiing at your choice of power and stroke rate. Remember the pace you chose, because you will use it in your next workout.

## WORKOUT 3

This workout introduces longer skiing with stroke rate variation.

Do four 6 minutes pieces, varying the stroke rate as noted below. Try to ski at a pace that is a faster than your 10 minute pace from Workout 2.

1. 35 spm for the first 2 minutes
2. 40 spm for the next 2 minutes
3. 45 spm for the last 2 minutes
4. Rest: ski very easily for 2 minutes before starting the next 6 minute piece.

## WORKOUT 4

This workout focuses on longer, steady skiing.

Do two 8 minute pieces with 4 minutes rest in between. Aim for a pace that's between the paces you used in workouts 2 and 3. Your stroke rate should be between 40–45 spm.

## WORKOUT 5

This workout features short intervals to change things up. This workout will determine your fastest pace.

Ski 1 minute hard, 1 minute easy for a total of 18 minutes. Watch the console for your pace. Aim for a stroke rate of 40–45 spm. Record your pace after the workout.

## BENCHMARK WORKOUT

Once you complete Workout 5, do a benchmark piece of 30 minutes nonstop. Record your total meters, and repeat this workout every few weeks to see how you are progressing.

## NEXT STEPS

Now that you've completed the initial workouts you'll want to create a training plan to achieve your goals. This guide contains a sample two-week training plan to get you started along with links to additional training resources.

# SAMPLE ROWING TRAINING PLAN

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	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	2 min hard / 2 min easy	2500 meters time trial	3 x 1000m / 3 min easy in between	5 x 4 min / 1 min easy in between	5 x 1500m / 2 min easy in between	3 x 15 min / 4 min easy in between	10,000 meters time trial
WEEK 2	6 x 500m / 2 min easy in between	20 mins steady	3 x 750m / 1 min easy in between	6 x 2000m / 3 min easy in between	12 x 1 min / 1 min easy in between	6 x 4 min / 2 min easy in between	Half marathon time trial 21,097m

## ONLINE RESOURCES

There are additional online resources worth reviewing as well as private coaching. ENERGYFIT does not officially endorse specific coaches; we recommend reviewing the credentials and experience of online coaches to determine the best fit your goals and budget.

Additional free resources exist on sites such as YouTube.com, row2k.com, and USRowing.org.

A great place to start is UCanRow2:  
<https://ucanrow2.com/indoor-rowing-workouts>

# SAMPLE SKIING TRAINING PLAN

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	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1	3 x 3 min / 2 min easy in between	3 x 750m / 2 min easy in between	6 x 2 min / 1 min easy in between	12 x 500m / 2 min easy in between	5 x 5 min / 2 min easy in between	2 x 6000m / 2 min easy in between	10,000 meters time trial
WEEK 2	12 x 1 min / 1 min easy in between	20 mins steady	4 x 1000m / 2 min easy in between	3 x 8 min / 4 min easy in between	4 x 2000m / 2 min easy in between	6 x 4 min / 2 min easy in between	Half marathon time trial 21,097m

## ONLINE RESOURCES

There are additional online resources worth reviewing as well as private coaching. ENERGYFIT does not officially endorse specific coaches; we recommend reviewing the credentials and experience of online coaches to determine the best fit your goals and budget.

A great place to start is UCanRow2:  
<https://ucanrow2.com/indoor-workouts-skierg>

# COMBINED SKI-ROW WORKOUTS

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The ENERGYFIT Ski-Row allows you to benefit from the many health benefits of skiing and rowing all in one amazing machine. While the Ski-Row can be used for rowing-only or skiing-only workouts its true value is revealed by enabling mixed-erg workouts. What are the benefits of a mixed-erg workout?

- Balances opposing muscle groups, specifically at the hips. Rowing opens at the hip while skiing closes at the hip.
- Alternates muscle groups. Allows some muscles to rest which can allow for longer workouts.
- Adds variety. In addition to traditional rowing and skiing we've included several alternate exercises in this guide you can perform on the Ski-Row.

## WORKOUT IDEAS

Before trying these workouts, please read our liability disclaimer on page 3.

### SWAPPING EQUAL INTERVALS

Alternate a 2-5 minute row with a 2-5 minute ski, with 1–3 minutes of rest in between. Your work intensity should be high, but not at your maximum. Repeat for a total of 4 to 8 pieces.

Note: Shorter rest will shift the workout's focus toward endurance; longer rest will shift it toward maximum power development.

### ROTATING THROUGH A STEP-DOWN WORKOUT

Step down from 8 minutes to 7 minutes, and so on, down to 1 minute, alternating from rowing to skiing. As the pieces get shorter, increase the intensity. Total time: 36 minutes. Rest time is just the length of time it takes you to switch the machine from rowing to skiing and vice versa, though you can add a longer rest if desired.

For Variety: This could also be done as a pyramid, from 1 minute up to 6 minutes and back down. Or you could use distance rather than time for the steps. For example: 2000m ski, 1750m row, 1500m ski, and so on.

### LONG PIECES / BACK AND FORTH

Warm up by skiing for 5 minutes. Switch to the rower for 15 minutes; row easily for 5 minutes; switch back to skiing for 15 minutes; then a 5 minute cool-down on the rower. You can also use distance for the intervals. For Variety: The work pieces may be shortened or lengthened.

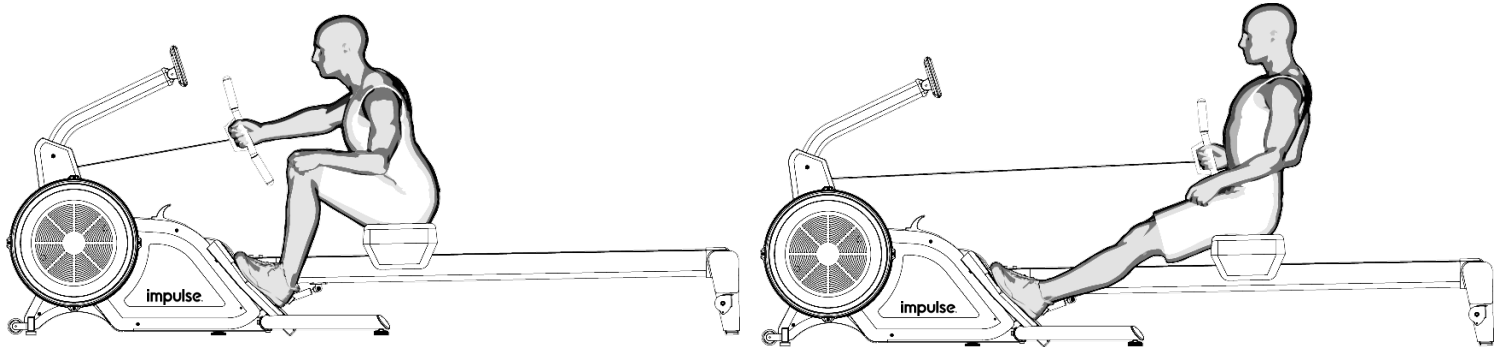
### RECOVERY / COOL-DOWN

Switching to “the other erg” can be a welcome change of pace for the cool-down after a hard workout. Plus, it's a good way to add some muscular balance to your workout.

# ALTERNATE ROWER EXERCISES

## SINGLE ARM ROW

Very similar to two-handed traditional rowing. Grasp the handle in the middle section with either hand. Row normally and finish on the side of your body. You may want to rotate your hand outward. Repeat with other arm.

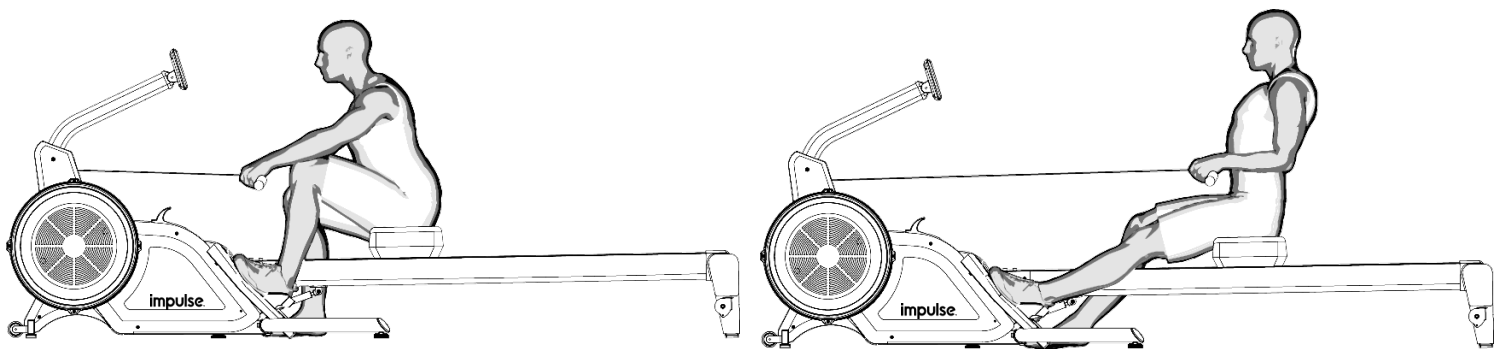


START

FINISH

## SINGLE LEG ROW

Very similar to two-legged traditional rowing. Rest one leg by placing your foot on the ground. Row normally using one leg. Repeat with other leg.



START

FINISH

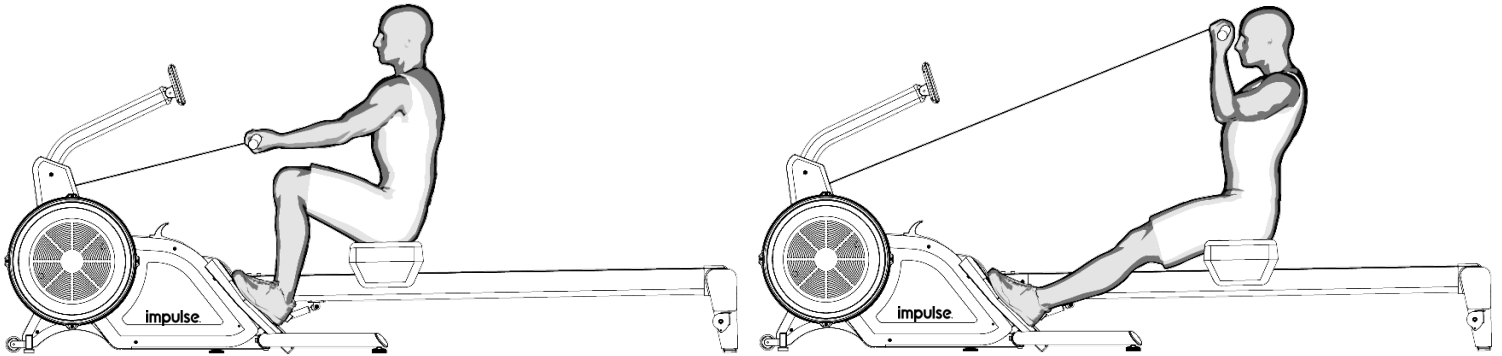
Videos of these exercises and more can be found on our website.

[www.energy.fit/videos](http://www.energy.fit/videos)  
[www.energy.fit/training](http://www.energy.fit/training)

# ALTERNATE ROWER EXERCISES

## BICEPS CURL

Grasp handle with your palms facing up. Drive with your legs. Finish by bending your arms at the elbow as you would in a traditional biceps curl. The handle should end up just above your forehead. Recover naturally.

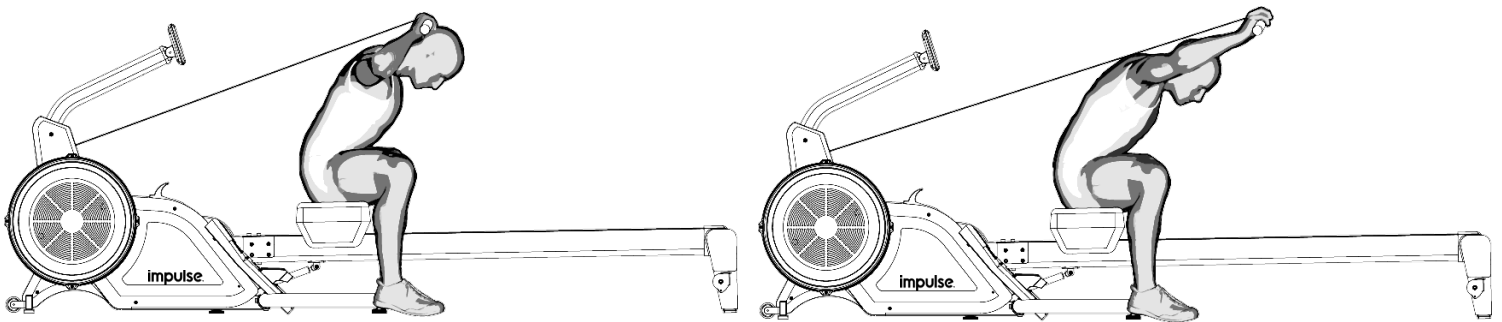


START

FINISH

## REVERSE OVERHEAD PRESS

Face away from the fan and grab the handle behind your head. Lean forward slightly. Extend your arms over your head with a pressing motion.



START

FINISH

Videos of these exercises and more can be found on our website.

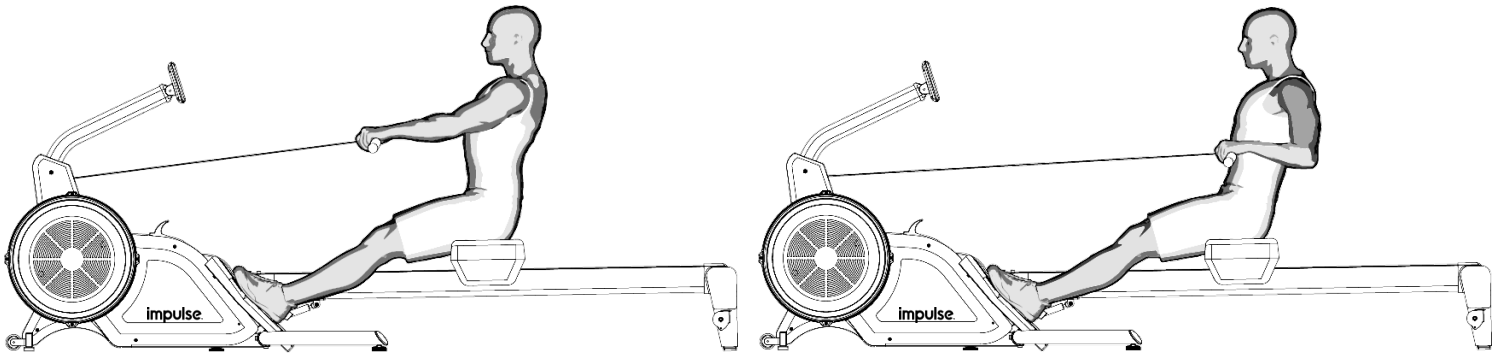
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# ALTERNATE ROWER EXERCISES

## ARMS ONLY ROW

Start with your legs fully extended as you would in a typical finish position. Keep your back straight and upright. Row with your arms only not leaning with your body or driving with your legs.

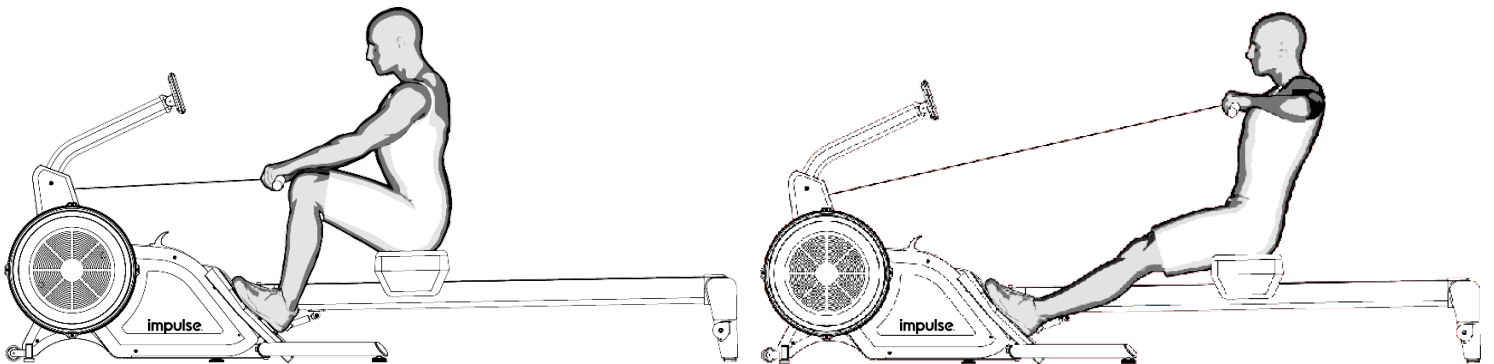


START

FINISH

## HIGH ROW

Very similar to traditional rowing. Start normally, but finish with the bar high on your chest.



START

FINISH

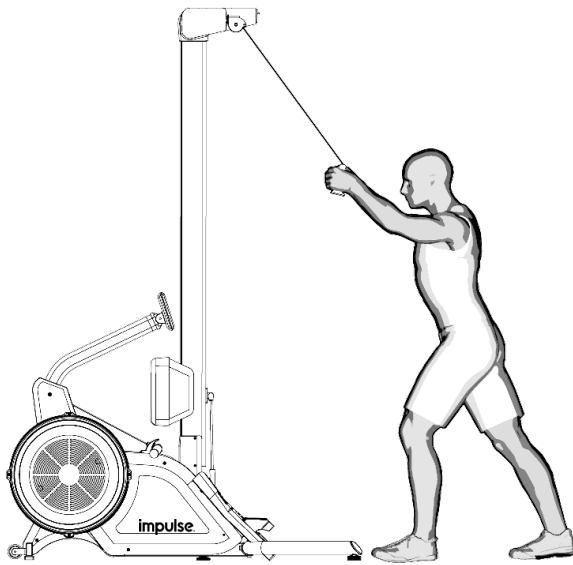
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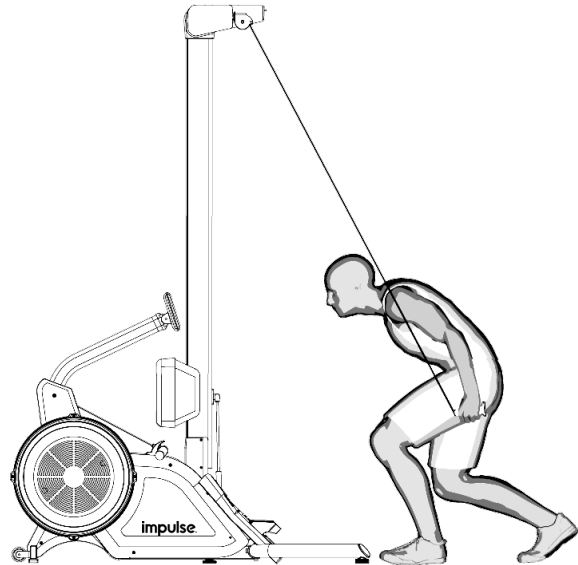
# ALTERNATE SKIING EXERCISES

## STAGGERED LEGS

Very similar to traditional skiing. Stagger your feet by moving one forward about 12 inches. Ski normally. Repeat the exercise with the other leg.



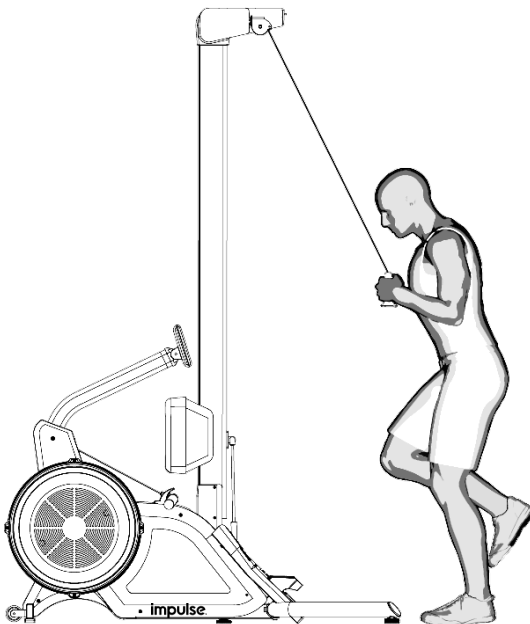
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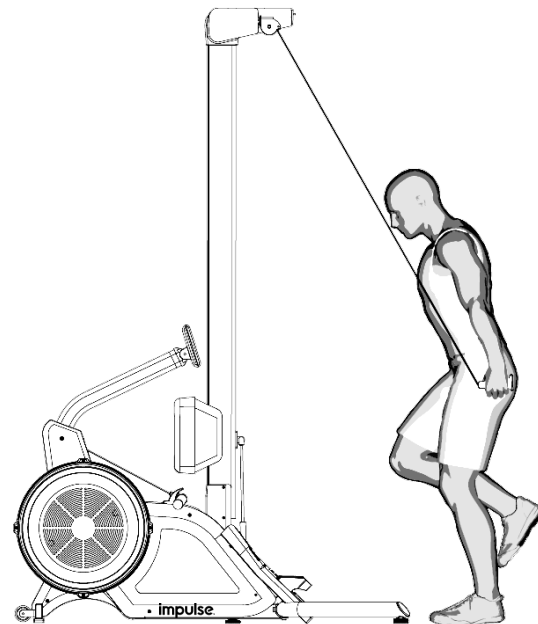
FINISH

## SINGLE LEG TRICEPS PULL-DOWN

Stand on one leg. Bend the other leg at the knee. Grasp the handles and keep your upper arms in-line with your torso. Pull the handles down to your sides while keeping your back straight.



START



FINISH

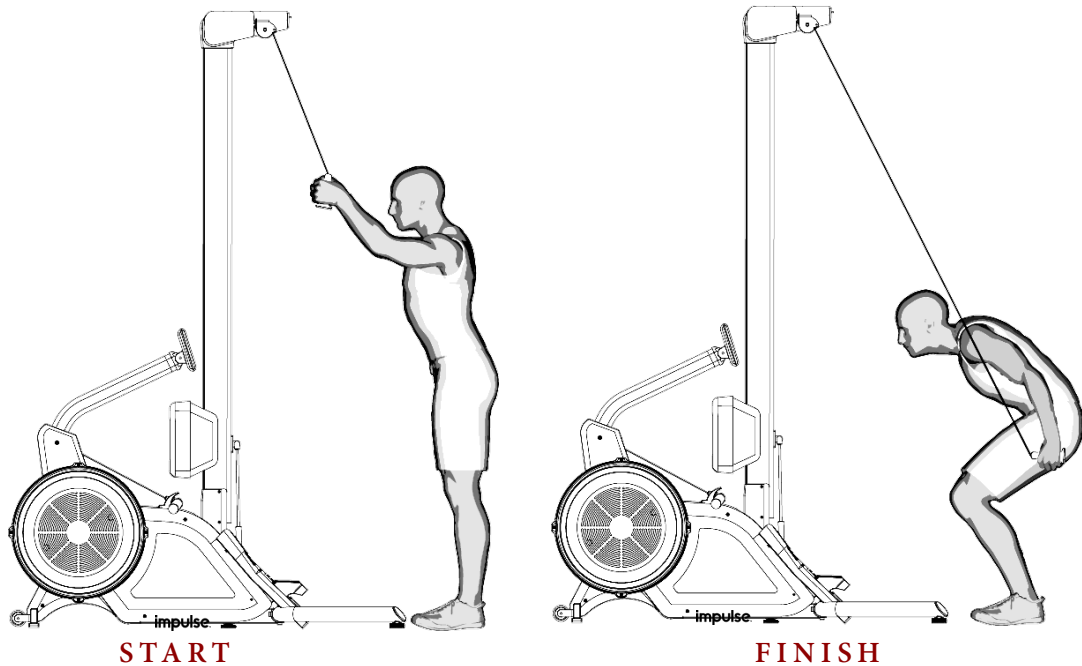
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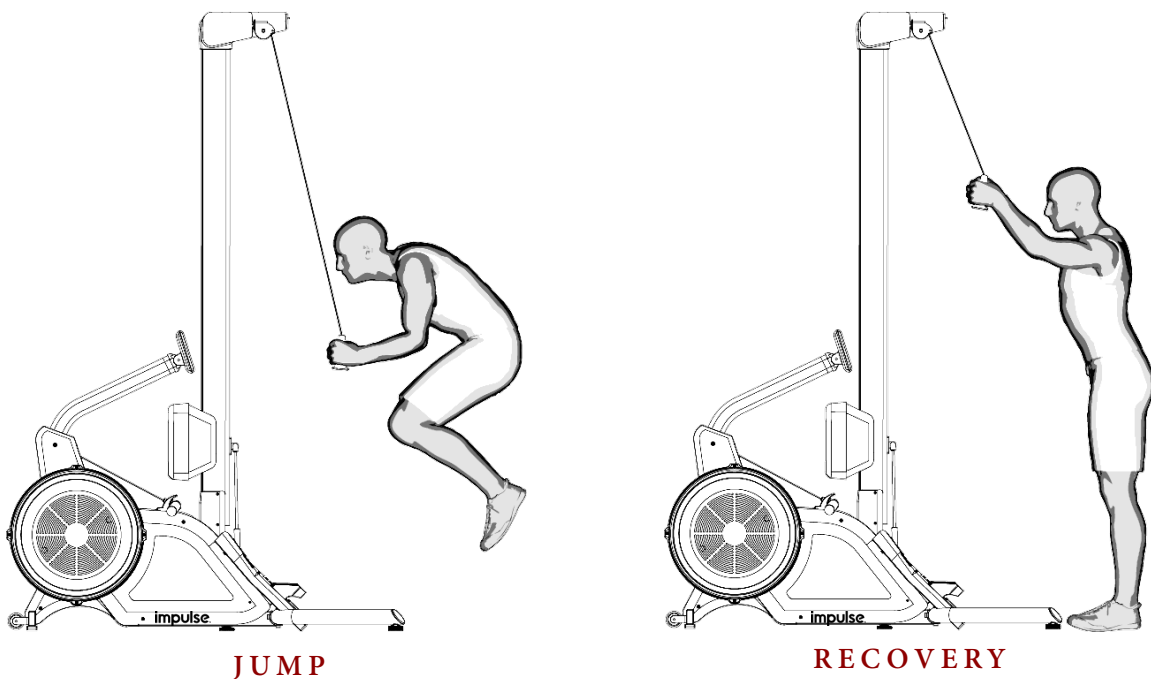
# ALTERNATE SKIING EXERCISES

## PLYO JUMP

Very similar to traditional skiing. Ski normally to the finish position.



To recover after the finish jump vertically while allowing the handles to return to the start position.

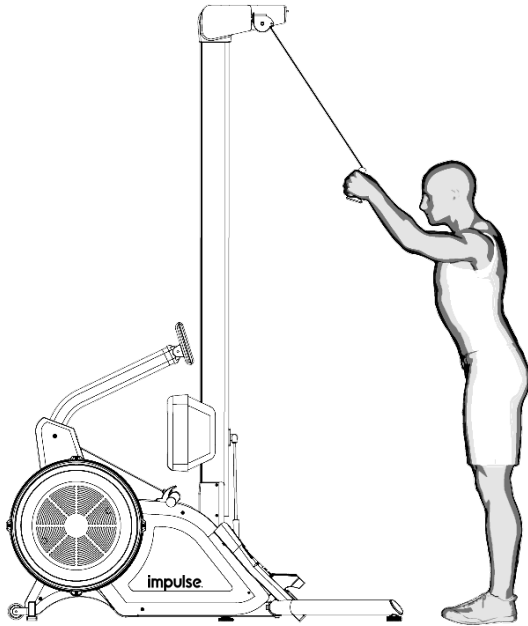


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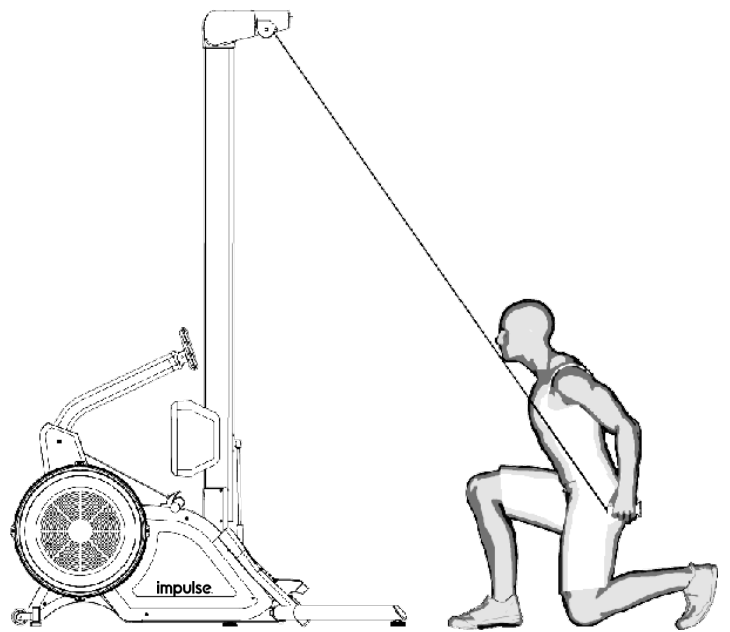
# ALTERNATE SKIING EXERCISES

## ALTERNATING REVERSE LUNGE

Normal start position. Take a large step backward into a lunge position. Pull the handles to the side of your body. Stand up for the recovery repeat with the opposite leg.



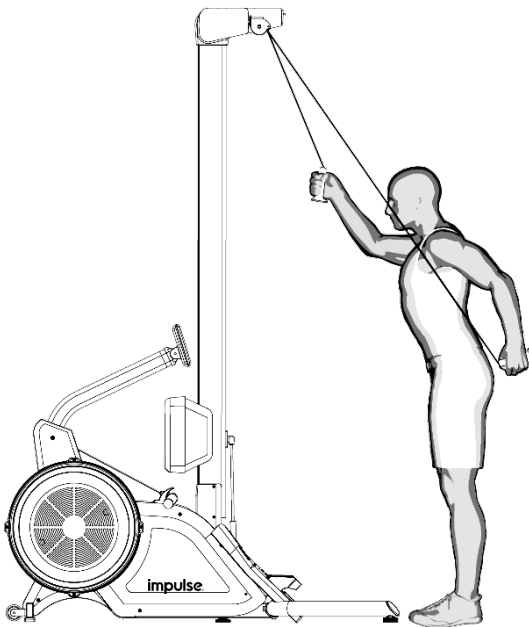
START



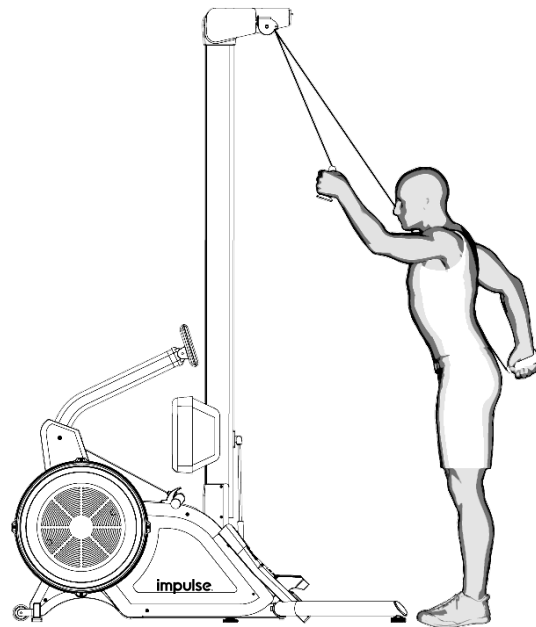
FINISH

## CLASSIC SKIING TECHNIQUE (ALTERNATING ARMS)

Stand feet shoulder-width apart. Grab the handles with relaxed arms. One hand should be slightly above your head, the other at your side. Bend your knees slightly and use your core muscles to pull the raised handle



START



FINISH

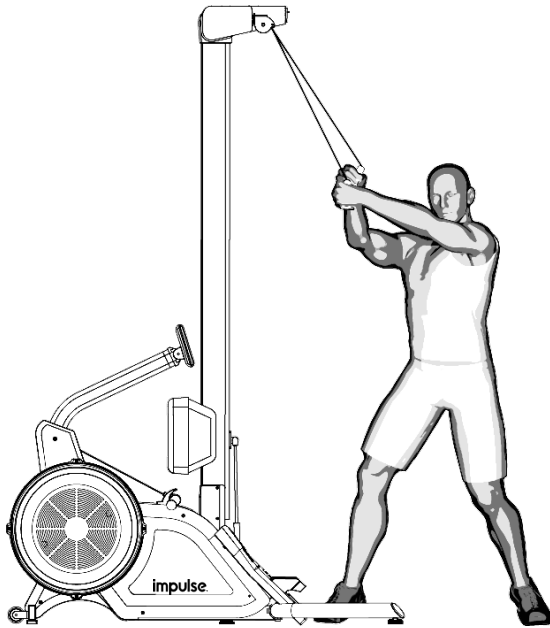
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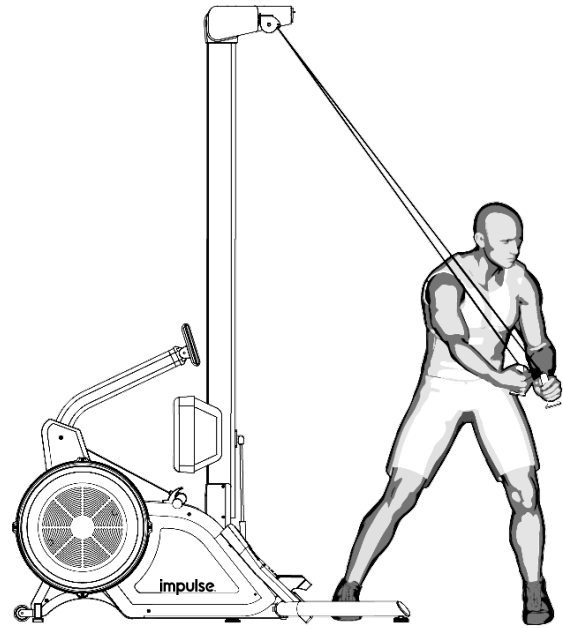
# ALTERNATE SKIING EXERCISES

## WOOD CHOPPER

Start with your body turned sideways to the machine. Grab both handles over your shoulder with your arms extended. Pull the handles down at an angle across your body while keeping your hands close together.



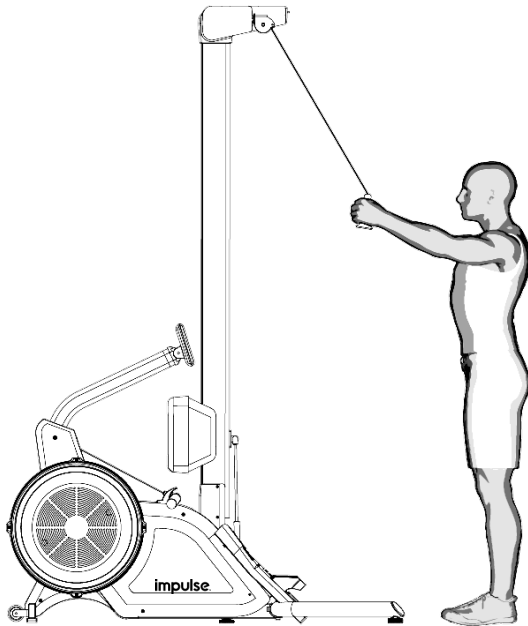
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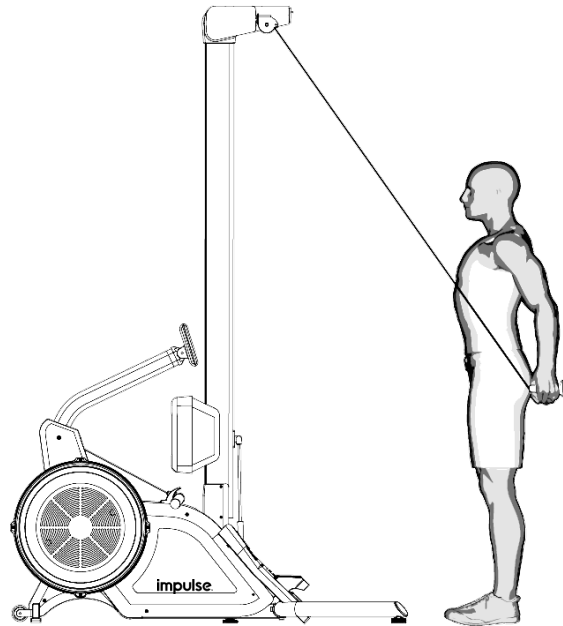
FINISH

## STRAIGHT ARM PULL-DOWN

Normal start position, but with arms fully extended. Keep your body straight. Pull the handles down to your sides while keeping your arms extended.



START



FINISH

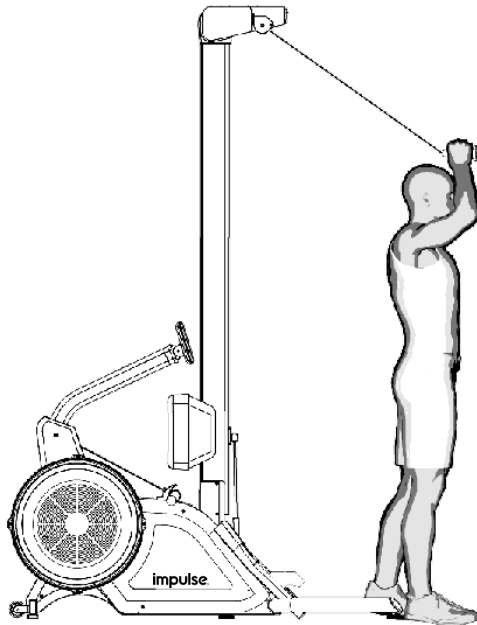
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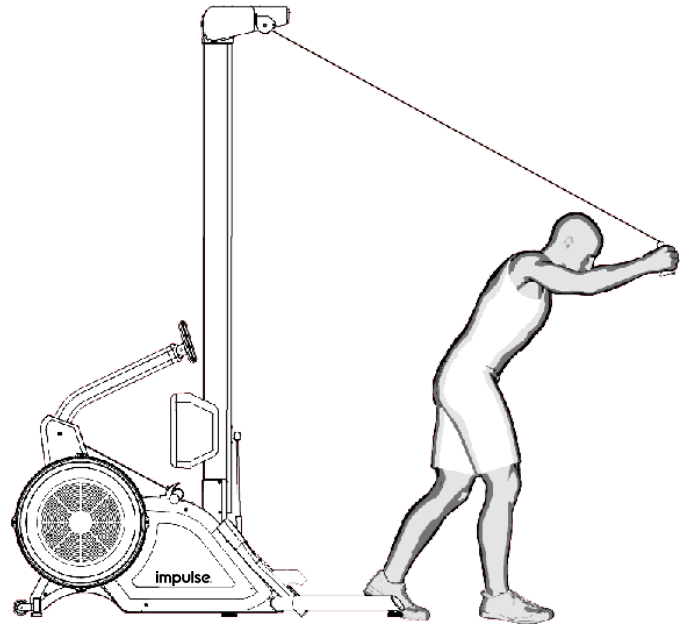
# ALTERNATE SKIING EXERCISES

## REVERSE OVERHEAD TRICEPS EXTENSIONS

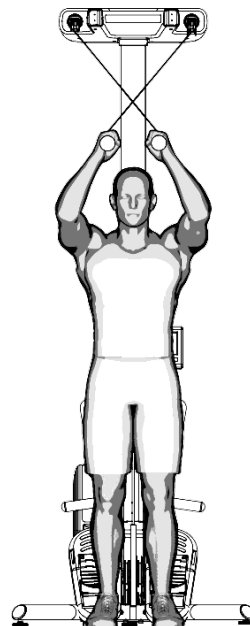
Start facing away from the machine. Grab the handles over your head with cables crossed. Take a small step forward and lean forward slightly. Pull the handles over and out in front of your head by extending your arms.



START



FINISH



HAND POSITION (CABLES CROSSED)

Videos of these exercises and more can be found on our website.

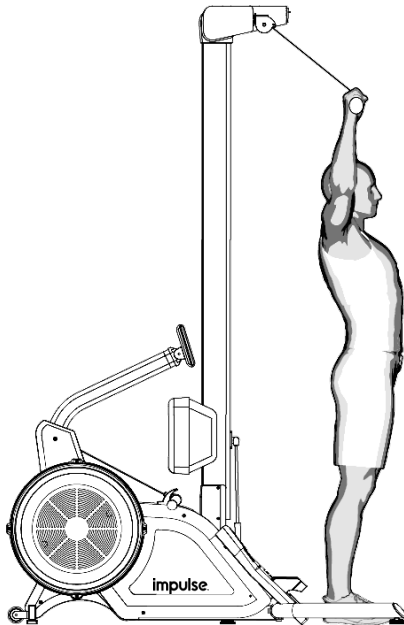
[www.energy.fit/videos](http://www.energy.fit/videos)  
[www.energy.fit/training](http://www.energy.fit/training)



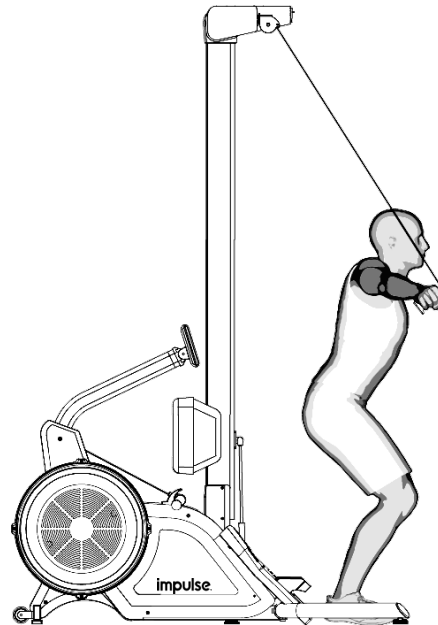
# ALTERNATE SKIING EXERCISES

## BUTTERFLY

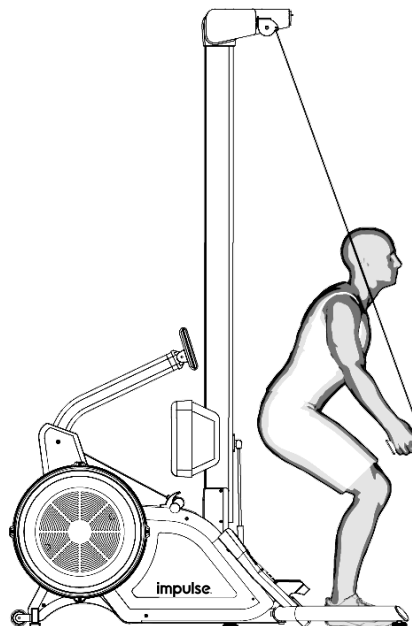
Start facing away from the machine. Grab the handles over your head. Lean forward while swinging your arms down in a circular motion. Finish with your knees slightly bent and arms extended in front of your body.



START



DRIVE



FINISH

Videos of these exercises and more can be found on our website.

[www.energy.fit/videos](http://www.energy.fit/videos)  
[www.energy.fit/training](http://www.energy.fit/training)

# TRAINING LOG

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	DATE	WORKOUT RESULTS AND NOTES	TIME	DISTANCE	CUMULATIVE DISTANCE
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
		WEEKLY TOTALS:			

	DATE	WORKOUT RESULTS AND NOTES	TIME	DISTANCE	CUMULATIVE DISTANCE
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
		WEEKLY TOTALS:			