

10 Minutes HIIT Rowing Machine Workout For Beginners

Created by [Murshid Akram](#)

Article Link: <https://thefitnessphantom.com/hiit-rowing-machine-workout/>

Do warm-up exercises for 5 to 10 minutes before starting the HIIT rowing workout. Warm-up increases your heart rate and allows your lungs to take oxygen more efficiently so you can do well during the workout.

Estimated Calories Burned: 80-90

- 1-min rowing at 60 to 65 percent of your maximum heart rate (MHR), 45-sec rest.
- 1-min rowing at 65 to 70 percent of your MHR, 45-sec rest.
- 1-min rowing at 70 to 75 percent of your MHR, 60-sec rest.
- 1-min rowing at 75 to 80 percent of your MHR, 60-sec rest.
- 1-min rowing at 80 to 85 percent of your MHR, 60-sec rest.
- 30-sec rowing at 90 to 100 percent of your MHR, 60-sec rest.

15-Minute Rowing Machine HIIT Workout For Beginners

Don't forget to warm up for 5 to 10 minutes before doing a high-intensity session.

Estimated Calories Burned: 120-150

Round (1-8)	Rowing Duration	Intensity	Rest
1	30 seconds	60-65 % of MHR	30 seconds
2	60 seconds	65-70 % of MHR	30 seconds
3	60 seconds	70-75 % of MHR	30 seconds
4	60 seconds	70-75 % of MHR	60 seconds
5	2 minutes	75-80 % of MHR	60 seconds

6	2 minutes	75-80 % of MHR	60 seconds
7	30 seconds	80-85 % of MHR	2 minutes
8	30 seconds	100% of MHR	—