

How do you row on the ergometer/rowing machine CORRECTLY?

https://www.youtube.com/watch?v=_sbYU7y46XI&feature=youtu.be

Perfect form leads to safe use! Making sure to keep the drag fan around 3-5 and engage your legs, arms, and core while on the drive. These are some of the quick tips to ensure an effective workout from the most calorie burning exercise machine.