

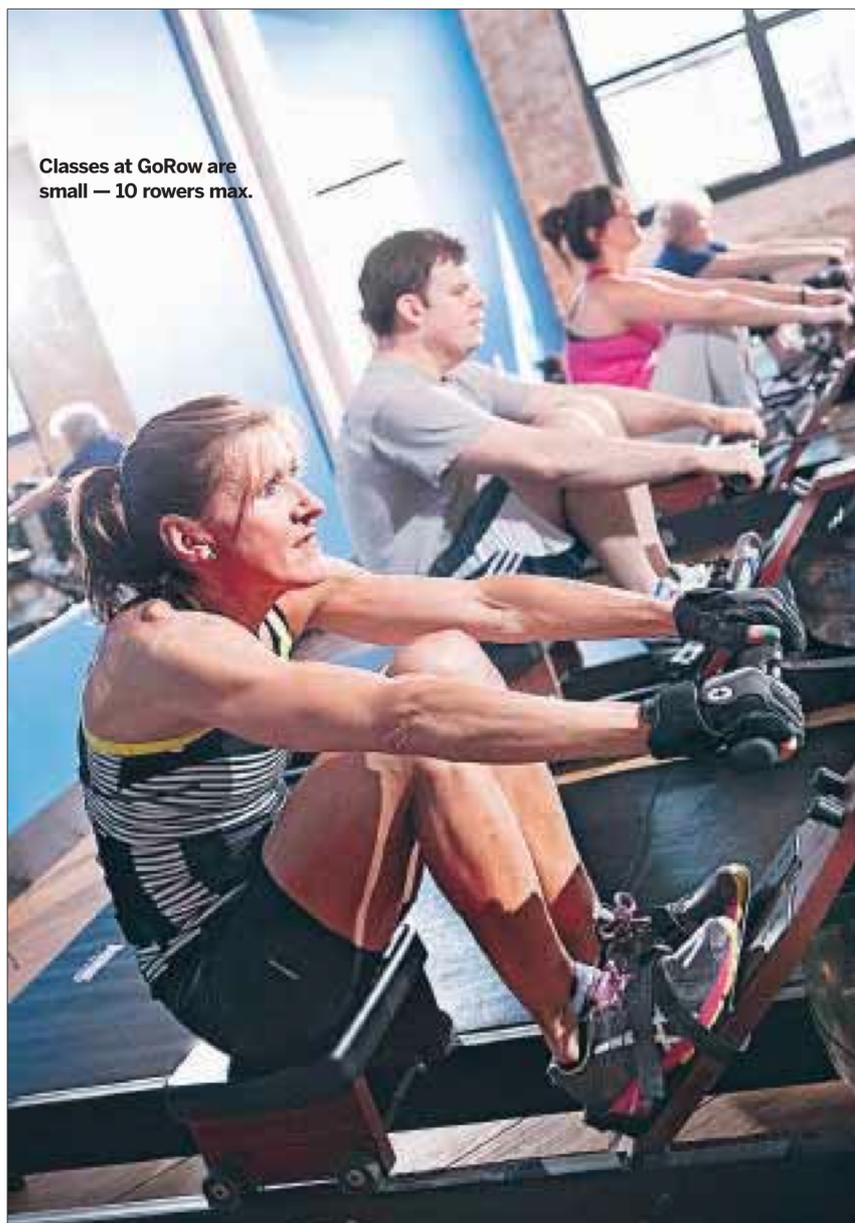
# ROW, ROW, ROW

your way to  
a better  
body

By **KRISTYNA KANE**  
Special to amNewYork

Get ready to row your way into killer shape. Call it the comeback kid of cardio equipment: The old-school rower is back, and this most underrated machine in the gym is now the main focus of many of the city's best fitness options.

Working every major muscle group, the rower burns serious calories — 400 to 800 in a 45-minute class. So grab your paddle and get rowing.



Classes at GoRow are small — 10 rowers max.

## 1 Shockwave

This circuit class, which runs for either 30 or 45 minutes, is offered exclusively at Equinox locations. It takes students through four stations: rowing — which provides the main cardio component — plus intense leg, core and arm stations. Classgoers should expect big-movement exercises at each stop — not just arm

curls. Think burpees with a body bar pressed overhead, squat jumps on a Bosu ball and sit-ups using a medicine ball jumping right into a plank hold. Students move in teams to the each station, but only after those rowing complete their given distance.

**Equinox.com: \$35/day pass with a member, or various membership options**

## 2 Power Rowing

Feel like you're actually on the water during this class, where students are encouraged to row in unison, keep good form, create one sound and not speak — making this workout serious business. Classes begin with a 10-minute warm-up — with an emphasis on stroke technique and proper form — followed by stretching and structured workouts.

**West Side YMCA 5: 5 W. 63rd St., 212-912-2600; \$25/day pass or various membership options**

## 3 GoRow

This 50-minute class alternates between rounds of rowing at various speeds and off-rower intervals that work the upper body, lower body and core. Be prepared for squat curls with overhead presses, funky push-ups and jack-knife sit ups. Each class ends with a little friendly competition among the students: a 500-meter sprint, with the fastest three men's and women's times recorded on a board. Classes are small — only 10 students max rowing at a time — making the experience feel more like a group personal training session than a large fitness class.

**Go Row Studios: 1422 Grand St., Hoboken, N.J., 201-488-5769; \$29/class (package deals available)**

## 4 Indoor Rowing

Smart Workout, a boutique gym on the East Side, offers this class of intense cardio intervals that uses the rower to complete a ton of resistance exercises for the abs, upper body and legs. Rowing is

continued during, and integrated into, the resistance exercises, so there is a cardio workout throughout the entire class.

**Smart Workout: 124 E. 40th St., Suite 603, 212-661-1660; \$375/15-class pack or various membership options**

## 5 Indourance

A one-on-one indoor rowing training program with an interactive element, this personal training program at SoHo's Anatomically Correct is a combination of hands-on and virtual rowing technique development and a complete cardio and strength-building workout. Rowers come with a 3-D screen that helps stimulate the feel of on-water rowing — making it fun and engaging. Clients' workouts are logged and stored, allowing students to row against their own past workouts — or they can choose to row live online against other indoor rowers. Instructor Mike Creamer is a competitive indoor rower himself, and rows online against others from around the world.

**Anatomically Correct: 142 Wooster St., 212-353-8834; \$100/hour**

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