

# *the superwoman* total body workout

The rowing sections of this routine are combined with 3 strength-based moves. Every time you repeat the circuit you'll add a little more distance on the rowing machine and another 2 reps of each exercise. Aim to get your heart rate up high while rowing, but slow down and focus on form and muscle contraction for the 3 strength moves.

**Row easy to warm up**

**Distance**

500m

2 sumo squats, 2 side lunges/side, 2 push-ups

**Row (hard effort)**

1000m

4 sumo squats, 4 side lunges/side, 4 push-ups

**Row (hard effort)**

1500m

6 sumo squats, 6 side lunges/side, 6 push-ups

**Row (hard effort)**

2000m

8 sumo squats, 8 side lunges/side, 8 push-ups

**Row (hard effort)**

2500m

10 sumo squats, 10 side lunges/side, 10 push-ups

**Row (hard effort)**

3000m

*Total: 10.5km/6.5 miles*