

Rowing machines are great! But you need to have good form to spare your back and remember it is a high intensity exercise.

Rowing is tough. It is generally considered to be a high-intensity, full-body workout that can burn a significant amount of calories and increase cardiovascular fitness. As such, it is likely that the METs and RPE (INTENSITY RATINGS OF EXERCISE) would be higher with a rowing machine compared to some other exercise machines, such as a stationary bike or elliptical machine. So take it easy initially and cross train with other machines or take breaks. Another common concern that I especially have is the potential for lower back injury. Research has shown that improper form when using a rowing machine can lead to lower back pain and injury. In a study published in the Journal of Strength and Conditioning Research, researchers found that rowing with incorrect technique significantly increased the risk of lower back pain and injury. However, when proper technique is used, rowing can actually be beneficial for the lower back. A study published in the Journal of Sports Sciences found that rowing can help to increase lumbar spine stability and strength, which can reduce the risk of lower back injury). **To minimize the risk of lower back injury when using a rowing machine, it is important to focus on maintaining proper technique. This includes keeping the back straight and engaged (not flexed), avoiding excessive spinal flexion or extension, and using the legs and glutes to power the movement. I would also open up your legs at the bottom motion to allow your hips to move freely. Taking breaks and standing up periodically can also help to alleviate lower back pain and reduce the risk of injury.** A study published in the Journal of Occupational Health found that workers who took frequent breaks and changed positions throughout the day experienced less lower back pain and discomfort.

In summary rowing is a great form of exercise that can provide a full-body workout, improving cardiovascular health, building strength, and increasing endurance. Using a rowing machine, or ergometer, can be an effective way to get the benefits of rowing in a controlled and convenient environment. Rowing engages multiple muscle groups, including the legs, core, back, and arms. This means that it can be a more efficient use of time compared to other exercises that only target one or two muscle groups. Additionally, rowing is a low-impact exercise that is gentle on the joints, making it a good choice for people with joint pain or injuries.

