

Up and Coming Fitness Trend: Indoor Rowing



By [Cortney Moore](#)

Rowing is a fun activity to enjoy, and it provides many workout benefits. Typically in the past, only those who live near water could use rowing as a reliable form of exercise. However, this is no longer the case. With indoor rowing gaining traction as a [fitness trend](#), this calorie-burning workout can be done regardless of geography. Not convinced? Well Duchess of Cambridge Kate Middleton sure is. According to [dailymail.co.uk](#), the 35-year-old royal uses indoor rowing to help maintain her gorgeous [celebrity body](#), and you can too! Don't fret about not having a row machine at home, there are indoor rowing studios popping up all over the country to support this fitness craze.

Indoor rowing is a fitness trend that will help you burn the calories!

Indoor rowing truly is a head-to-toe workout. It uses 84 percent of the body's muscles and can burn up to a staggering 1000 calories in one hour- making it the ideal workout to get rid of jiggly arms, muffin tops, wobbly thighs and of course that hard to get rid of bulging tummy. Aside from toning your body, indoor rowing is a great way to improve your heart's health by boosting its cardiovascular endurance. Another plus, with indoor rowing you don't have to experience the chilly and wet elements nature has to offer if you're not the outdoorsy type.

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How can you make the best of your indoor rowing session? CityRow trainer Hannah Davis offered her best fat-blasting [workout advice](#) in a [Cosmopolitan](#) interview, “In an average workout session you’ll want to do five intervals of 200 meters, which takes about 90 seconds to complete. So, to break it down, you would do 200 meters and then rest for 60 to 90 seconds. Followed by another 200 more meters, resting again, and then repeating this entire sequence three more times.” Though this fitness plan is daunting for a newbie, it’s the most effective way to lose pounds. If you’re unable to do intervals during your first try, just do what you can and work your way up to it. You don’t want to push your body too hard in a short amount of time or risk injury.

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If working out alone isn’t your style, then a rowing class might be just what you need. It’s almost like a spin class, but instead of stationary bikes, you’re on a rower (which may or may not include water depending on the gym you go to), while your instructor leads you and your peers through a full-body workout. There, you will learn all about proper form and all the tricks needed to become an expert indoor rower. Since rowing classes are a group activity, you can also make friends throughout the process who can motivate you to upkeep your celebrity body!

Get fit in time for summer with indoor rowing. After you’ve gained strength and confidence, you might just be able to tackle outdoor rowing like a pro.

What do you think of indoor rowing? Have you given it a try? Please share your comments with us below!