



BROOKLYN_BORN

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A coincidence or can SP read my mind?

Sunday, June 29, 2014

I've been looking for a new fitness activity. Running, walking, canoeing, kayaking have always had a place in my life, but I needed something else.

The only fitness class that I liked at the gym has been cancelled. There weren't enough of us left still interested in old-school low-impact aerobics with weights.

I've substituted a SP video with the set of dumbbells that I keep in plain sight by the TV to remind myself about strength training, but still something was missing. I missed the total body workout my old class provided as well as the companionship. Our gym is a social center for our large retired population.

Every morning I get email from SP with links to articles and blogs. It's a good reminder to log in although in my case not having coffee with my spark friends is like caffeine withdrawal. Those 10 days without Internet were tough.

A few days ago the featured article was:

"The Most Undervalued Piece of Equipment in the Gym"

"9 Reasons to Try the Indoor Rowing Machine"

www.sparkpeople.com/resource/fitness_articles.asp?id=663

Hey, I've seen that thing! It's right in front of my favorite treadmill!

So after 5 miles on the treadmill, I tried it. Yes, it's a total body workout. I even feel my hamstrings working and they usually just go along for the ride.

I started slowly, thinking more about form than speed with the encouragement of the old guys sitting around drinking coffee. The gym lady said that it's too bad that only a few people use the machine because it's very worthwhile. I agree. I hope this old-school piece of equipment doesn't disappear like my fitness class did.

True to my philosophy of increasing gradually, I plan to add 1 minute to my time each session. Yeah, that's ONE minute. I'm a gradualist in the extreme. I know that if I hurt or get injured, I'll quit.

That mindset has kept me running for nearly 30 years. Maybe it will keep me rowing too.

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POINDEXTRA

Love that one minute each time - gradualists unite!
2525 days ago



LEWILL1982

I love the rowing machine, glad you are giving it a try. The good thing about the rowing machine is you get out what you put in. It can be as low impact as you need it and a nice steady state cardio, or you can pull heavy and really get your heart rate up. I think it's the best full body piece of cardio there is. The elliptical with the moving arms, wears me out!
2540 days ago



DOVESEYES

Great blog
2540 days ago



PHEBESS

The Spark knows!!!!!!!

(cue the spooky music)
2540 days ago



CD8126238

Liked your blog!
Inspirational!



2540 days ago



LINDAKAY228

Those rowing machines really do give you a workout! I used it sometimes when I was in Silver City. I hope they don't get rid of it. And for me if I don't log onto SP every day I'm missing something too!
2541 days ago



MISCHAKEO

I have one at my gym and may have to try it. The good news is that a friend vows it is great for flattening stomachs! How fun you found a new exercise!

I join you in coffee and spark mornings. That is why I dragged my laptop on my trip. It is the perfect start to my days.



2541 days ago



DR1939

The first time I used a rowing machine I sat on the center bar. It was a long time before I returned.
2541 days ago



TERI-RIFIC

I like rowing, but don't do it much. It is underused at gyms and I don't know why because as you say it works everything. I've always wanted to try sculling outside, but the equipment is too

expensive. And, yes, I think Spark People does read our minds..
2541 days ago



SPINNINGJW

I may have to look into Gym membership just for a rowing machine!
2541 days ago



GARDENCHRIS

might have to check that out
2541 days ago



BILL60

That is great. And 30 years is a long time. I congratulate your self-discipline.





2541 days ago



WUMPASTAR

There are two or three of these at my gym. I have never ever tried them because for some reason I was scared of them. LOL! I think I might have to try now!

2541 days ago

v



WATERMELLEN

The rowing machine is on my cardio roster and yup, great total body workout! (Wish I'd used your 1 minute incrementalism with my running so I'd still be running . . .)

2541 days ago

v



BUSYGRANNY5

I love the rowing machine, unfortunately at our gym the only ones who are permitted to use the it are those doing cross fit! I kind of got hooked on the rowing machine when I attempted cross fit, but since cross fit wasn't a fit for me, I am now "banned" from the rowing machine! :(

2541 days ago

v



SYLPHINPROGRESS

Morning coffee and SP go hand in hand here, too. Then, again, I never thought I was the only one.

2541 days ago

v

Comment edited on: 6/29/2014 7:56:03 AM



ONEKIDSMOM

They must have read MY mind, too. I had just been on the rower at my gym on Thursday after work, using it as my warm up for strength training. I love it as an alternative to swimming, biking, and running... especially in recovery from a longish event!

v



2541 days ago

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