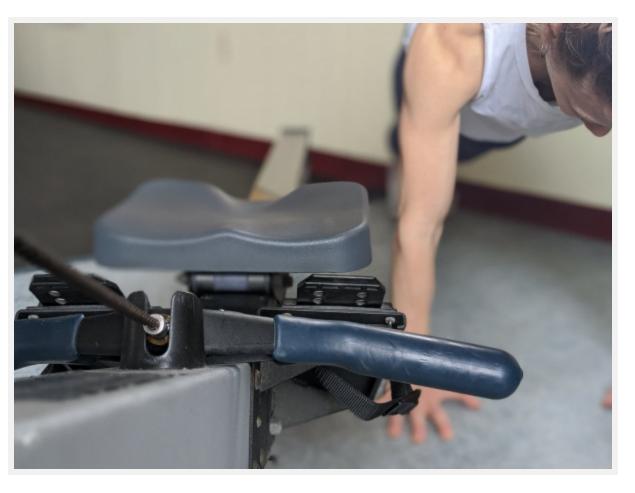
12 Erg and Body Weight Workouts



By Concept2
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As much as we all love our Concept2 equipment, sometimes we want to mix in other movements. Concept2 employees wrote up a few of their favorite body weight workouts—no other equipment needed besides your favorite Concept2 machine. Some of these workouts may list a specific erg as the ideal one for that workout, but any of them—a RowErg, SkiErg or BikeErg—can be substituted or combined for any of the workouts below.

10 Rounds for Time

5 push-ups

10 air squats

15 Calorie row, ski or ride

5 Rounds

3 minutes work, 3 minutes rest

Work = 500m row + max burpees

(Alternative option: hold a plank position.)

6 Rounds

- 1 minute row, ski or ride
- 2 minute plank hold*
- 3 minute row, ski or ride
- 2 minute plank hold*
- 1 minute row, ski or ride
- *Each round, change movements: lunges, air squats, push-ups, jumping jacks, bridge lifts, etc.

15 Minute AMRAP (As Many Rounds as Possible)

500m row

- 50 jumping jacks
- 5 side plank hip lifts on the right
- 5 side plank hip lifts on the left

4 Rounds

50 walking lunges

50 Calorie row

Death by Burpee SkiErg 2k

Set up a 2000m workout on the SkiErg

At minute 1, step back do 1 burpee, then continue skiing.

At minute 2 step back do 2 burpees, then continue skiing, etc.

Go until you can't complete the recommended burpees in a minute or until you finish the SkiErg 2k.

20 Minute AMRAP

3, 6, 9, 12, 15, 18, 21, 24, 37

Calories on the SkiErg followed by jumping air squats. Rotate between both movements.

5 Rounds

50 air squats, then immediately start a 1000 meter row.

Rest 2 minutes between each effort.

30 Minute AMRAP

Row 5, 10, 15, 20, 25, 30, 35 etc. Calories

Then complete 5, 10, 15, 20, 25, 30, 35 etc. burpees.

BikeErg 10 rounds

1000m

30 seconds wall sits

10 push-ups

5000m Ride

Dismount the BikeErg every 2 minutes and do 10 walking lunges.

Deck of Cards

Pick a card from a standard playing deck and complete that number of Calories on the RowErg, SkiErg or BikeErg. Alternate between the following movements, matching the card value (1-10, with Jacks, Queens and Kings valued at 15 and the Ace valued at 20):

Round 1 burpees

Round 2 air squats

Round 3 push-ups

Round 4 glute bridge raises

Round 5 mountain climbers

Have fun, and let us know how your home workouts are going. #ergathome