

# 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**