35 Minute Full Body Workout: Rowing Playlist

Pressed for time? Can't stand being in the gym very long? Get inspired with this rowing playlist and the pace recommendations for a full body workout. Use the beats to push your cardio intensity by rowing at up to 35 strokes per minute. Slow down anytime you want (never suddenly stop--always keep your feet moving and head above your heart) as you're building your stamina and endurance.



Warm It Up (3:54)

- [ ] NICE - THE CARTERS

Row It Up (5:43)

- [ ] New Patek - Lil Uzi Vert

Level Up (3:50)

- [ ] Level Up (Remix) - Ciara (feat. Missy Elliot & Fatman Scoop)

Recover It (5:20)

- [ ] One More Time - Daft Punk

Steady It Up (6:28) - *SIP WATER*

- [ ] Bring U Up (2015 Remaster) - Romanthony & Kevin McKay

Power It Up (4:22) - *FOCUS ON BREATH + SQUEEZING CORE*

- [ ] Drip - Cardi B. (feat. Migos)

Slow It Up (2:50)

- [ ] W O R K I N M E - Quavo

Cool It (3:37) - *SIP WATER*

- [ ] Trip - Ella Mai

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