



Fitness / Circuit Programming with Concept2 Ergs

Circuit with SkiErg as Timer

Split the group into two teams (or a team for each SkiErg you have)

Each team runs through the following exercises (add others as you wish).

Start with one person on each of these:

- SkiErg
- Burpees
- Push-ups
- Toes to bar or leg lifts
- Pull-ups
- RowErg
- Box jump or step-ups

The SkiErg is your timer. The person on the SkiErg goes for 250m, during which time everyone else does their exercise. At 250m, the skier calls "DONE" and everyone rotates to the next exercise station. There will be a new "timer" on the SkiErg for 250m.

Repeat until all stations have been done by everyone. Rest 3-5 minutes and repeat 1-2 times.

Fight Gone ERG

3 rounds (advanced 5 Rounds)

1 min at each station to complete as many reps as possible

Min 1 - BikeErg Calories

Min 2 - Russian Kettlebell Swings (53/35)

Min 3 - Hollow Hold Flutter Kicks (only count right leg)

Min 4 - Dumb Bell Hammer Curls (35/25's)

Min 5 - SkiErg Calories

Min 6 - Rest

Substitute any erg available on minute 1 or minute 5.

Erg & AMRAP

N = your total number of ergs of any sort (RowErg, SkiErg or BikeErg). These will be the aerobic stations.

Divide your total number of people into that many groups.

Set a time for 3 minutes on, 1 minute off.

[example 1: 3 ergs, 15 people >> 3 teams of 5]

[example 2: 4 ergs, 16 people >> 4 teams of 4]

In each team, person #1 takes the erg, and rows, skis, or rides non-stop for 3 minutes.

Meanwhile, the rest of the team does as many rounds as possible of:

- 10 push-ups
- 10 leg raises
- 10 burpees
- 10 dead bugs
- 10 air squats

Next, person #2 takes the erg, and everyone else does the exercises.

Repeat until everyone has had a turn on the erg.