

A man with a beard and short hair, wearing a black tank top and black leggings, is rowing on a water rowing machine in a gym. He is looking forward with a focused expression. The background is dark with some blurred lights.

2000m Rowing VO2 Max Calculator

DR WORKOUT

Max Workouts 9day Fitness Program

**University of Michigan. School of
Public Health**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the University of Michigan text.

Max Workouts 9day Fitness Program:

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