

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. The text "2000m Rowing VO2 Max Calculator" is overlaid in large, bold, yellow-green letters.

# 2000m Rowing VO2 Max Calculator

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**DR WORKOUT**

# Max Workouts 9day Fitness Program

**Marcel A. Müller**



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