

Indoor Rowing With a Toddler & Cold Brew Coffee

Description

Is there something youâ€™ve wanted for years but havenâ€™t been able to get it for some reason? Okay, fine, thereâ€™s probably more than just *something* and more like a lot of things. But for me, one of them was an ergometer so I could enjoy indoor rowing at home.

After many many years of blah-blahing to Going Mom about how I want one, I finally earned enough points on my Amazon card to pull the trigger; or should it be rigger? ðŸ™, Just a little rowing joke for you, youâ€™re welcome. And of course I had to share my purchase on Facebook, but only because Amazon asked me to after I hit â€œsubmit paymentâ€•.



It finally came this past Tuesday and I quickly worked on putting it together. With my favorite little helper, of course.



Think somethingâ€™s too easy for you? Throw in a toddler or two and that should solve your issue; instant increase in difficulty! But we love them! Avery was super interested in everything I had out and thought everything was up for grabs.

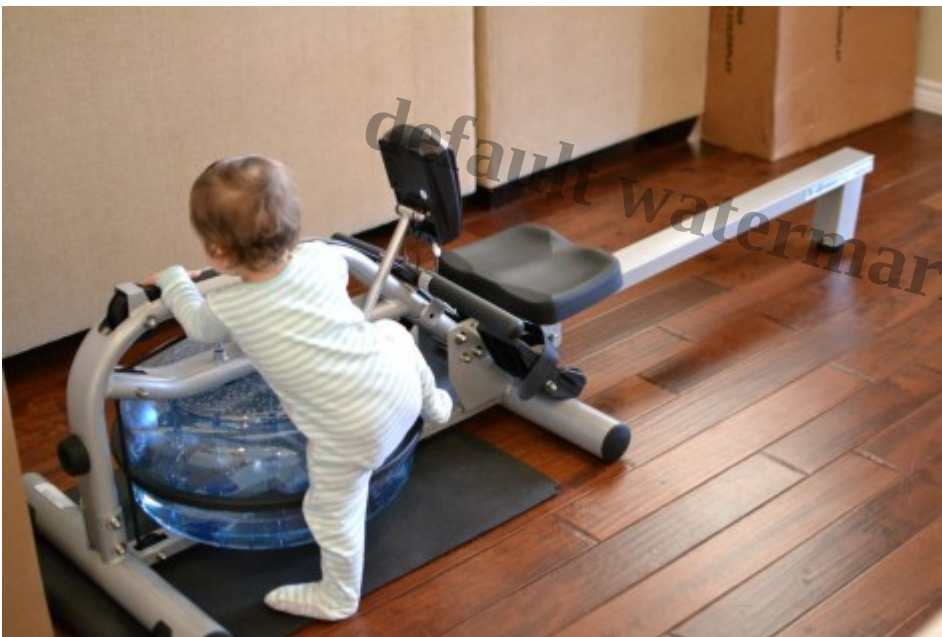


What if I push this button?

Thankfully Kelley was able to keep Avery at bay long enough for me to have it assembled and ready to test before it was too late. I skipped the usual walk (it was freakin'™ cold outside anyway), and opted to do a 5k row which took just under 20 minutes. Ahhh, I love it!

But there is one thing that's an issue!..Avery. She'll walk right into my arms as they're pulling back which results in me knocking her over. Poor girl, she just laughs and thinks I'm playing with her. It's sad, really.

Again, thanks to my wife holding Avery back as best as she could, the first row went mostly okay. But the next day, when Kelley was at work, I wanted to try for another 5k. After Avery finished..umm, whatever she was doing with it!..



I'm gonna have to work with her on how to properly use equipment.

Anyway, I finally got to it with Avery circling me like a shark and I was a surfer with an open wound. Then she went in for the kill and put her hand on the railing as I was pushing back, and oops! Avery's shark fin hand got hit by the rolling seat.

The good thing is that I slowed down just before since she moved behind me, but the bad this is that I hurt her precious little hand and she was screaming to let me know. I held her, for a while, but the screaming ensued. I was finally able to set her down and finish my workout (the hand incident happened only 2 minutes into it) and she kept her distance the remainder of the time.

I'd like to think she now knows better, but something tells me she's still too intrigued by the machine to keep away. You could call it a hunch, but she makes it apparent as well. Especially when I said "raise your hand if you still want to get close to the rower" and she responded with "I".



Yeah, so thereâ€™s that.

My foot is still not healed from when I [fractured it this summer](#) since I started running on it before it was fully recovered. Call me stubborn, call me dumb, call me whatever, but Iâ€™m hoping this rower will keep me from running while still giving me that tired, sweaty workout I seem to crave. Time will tell, and then Iâ€™ll tell you here.

In the meantime, I have this beautiful French Press full of black gold (not oil, coffee!!!) in our fridge right now in an attempt at my first homemade cold brew coffee.



Iâ€™m letting it steep for 24 hours and then Iâ€™ll press and strain the highly concentrated coffee into another glass. Iâ€™m sure Iâ€™ll try some before diluting. You know, just to â€œtestâ€• it at full strength. Then Iâ€™ll dilute in a 2:1 coffee to water ratio.

Maybe some [Pyure Sweet Stevia](#) or [SweetLeaf English Toffee Liquid Stevia](#) for something extra fancy and tasty, but otherwise, I'll enjoy it cold and black. I'll let you know how it goes soon. Maybe it'll fuel another 5k row, or even 10k if Avery keeps her little hands off the rail!

Have you ever used an indoor rower (i.e. ergometer)?

Ever make your own cold brew or try some already made before?

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