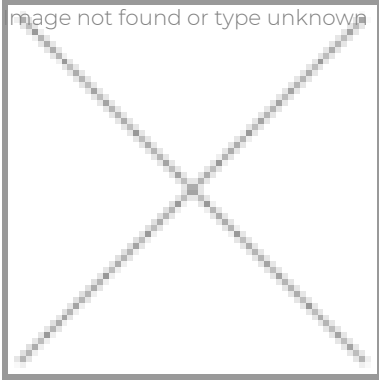


gdfgdg



# INSTRUCTIONS

---

## RENEGADE ROW

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/renegade-row/>

Abs

Arms

Back

Core

Full Body

Upper Body



### STEPS:

- In a high plank position, lift one arm to your rib cage squeezing your shoulder blades together before placing it back to the floor.
- Alternate arms.
- Repeat 12 times on each side.