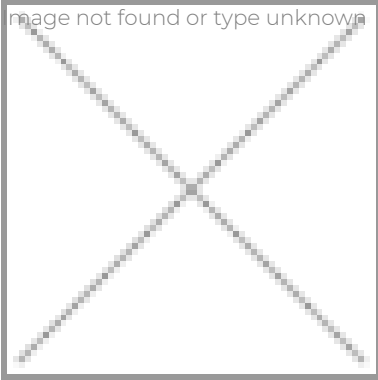


gdfgdg



# INSTRUCTIONS

---

## WIDE ROW

**CATEGORIES:** Strength

**LEVEL:** Intermediate

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

Abs

Arms

Back

Chest

Core

Full Body

Turns

Upper Body



### STEPS:

- In a high plank position, lift one arm out wide to the side, squeezing your shoulder blades together.
- Place your hand back to the starting position and repeat on the opposite side.

Repeat 10-12 reps each side.