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# INSTRUCTIONS

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## PUSH UP ROW

**CATEGORIES:** Strength

**LEVEL:** Advanced

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

Arms

Back

Chest

Core

Shoulders

Upper Body



### STEPS:

- Start in a high plank.
- Bend at your elbows and lower your chest to the floor.
- Return to high plank.
- Lift your right hand off the ground while bending at the elbow, pinching at your shoulder blade.
- Return your hand to the ground and repeat on the other side.

Repeat 12 reps total, 2 times.