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INSTRUCTIONS

BENT OVER ROW

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/bent-over-row/>

Back

Core

Turns

Upper Body



STEPS:

- Start with your left foot standing on a resistance band. Leave enough of the resistance band on the inside of your foot to hold onto with your right hand.
- Step your right foot back and hinge at the hips so you're creating a straight line from your right foot to your head.
- Bending at the elbow, keep your right hand close to your body and pull the resistance band toward your right hip.
- Squeeze your back muscle and pause for a beat.
- Slowly release your arm back down, keeping tension on the band.

Repeat 15-20 times before switching sides.

[−] Remove the band.

[+] Perform with a dumbbell