

Training Room News Row Progressions

If you subscribed for our free newsletter, we will be sending you monthly updates including Training Room Events, training tips, sample exercises and drills, as well as sample workouts that you can try at home (maybe). This month we are featuring the kettlebell row, and progressions of, ranging from simple to more complex. The first progression would be the basic 1 arm row, followed by the modified renegade row, then the renegade row. Sample pictures of each are attached. Remember to keep your abs and back tight during each of these exercises. If you are feeling suspicious pain in the low back, technique should be adjusted



1 arm row



modified renegade



Renegade row

1 arm row: Lats, biceps, posterior delts, abs

- **Abs and back tight**
- **Keep low back arched (lordosis)**
- **Non -involved arm leaning on knee**
- **Knees bent**
- **Pull weight to hip**
- **Lower weight down towards foot.**
- **Move weight in a controlled manner**

Modified renegade row: Lats, shoulder stabilizers, pecs, abdominals

- **Push up position**
- **One hand on a low bench**
- **One hand on kb**
- **Keep abs, glutes, and quads tight**
- **Push down into the bench while pulling kb to hip**
- **Lower kb down to the floor (start position) under control**

Renegade Row: This is pretty much a full body exercise

- **Push up position**
- **Both hands on kb handles**
- **Keep shoulders directly over kbs**
- **Keep wrists straight**
- **Abs, glutes, quads tight**
- **Push one down while pulling the other to the hip**
- **Focus on stabilizing the down kb**
- **Lower under control to start position**
- **Alternate arms**

Make sure to check our web sit for updates

www.trainingroomfit.com