Suggested Exercise of the Month: February

Renegade Row





- **Body Part:** Abdominals, Biceps, Triceps, Back, and Chest
- **Equipment:** Dumbells or Kettlebells
- **Advanced Modifications:** Introduce a push-up between each row repetition.

- Start in a high plank position with your hands holding a pair of dumbbells directly under your shoulders.
- Place your feet about shoulder-width apart, and squeeze your quads, glutes, and abs.
- While maintaining square hips and shoulders, pull your right dumbbell up towards your armpit and squeeze your shoulder blade back. Don't let your hips rotate.
- With control, bring the right dumbbell back to the ground. Reset your strong plank position, and repeat the row on your left arm.
- If you start to lose your form during your set, take some rest between reps, then reset your strong plank position and execute each rep with perfect technique.

UCONN HEALTH
WELLNESS CENTER

For questions, please contact Lisa DeToma
Wellnesscenter@uchc.edu or X8116