

Week 6 Exercise

KETTLEBELL ROWS

One-armed rows are a great way to work the lat muscles (the large muscles on either side of the back). One way to vary traditional rows is to do them with a kettlebell. In this version, you're bent over at the waist with one arm out to the side to help you balance as the other arm rows. You'll engage your core to keep your body stable, making this a great functional exercise.



Step 1. Hold a heavy kettlebell in the left hand and bend over at the waist, back flat and abs engaged, until the torso is parallel to the floor

Step 2. Take the right arm out for balance and keep the knees bent to protect the lower back

Step 3. Squeeze the back muscles to pull the elbow up to torso level

Step 4. Lower the weight and repeat for 8-16 reps before switching sides