Title: Renegade / Alternating Plank / Commando Rows

Primary Muscle Groups: Lower Back, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Biceps, Chest, Triceps

Summary: <ol>

<li>Place two dumbbells or kettlebells on the floor about shoulder width apart.</li>

<li>In a push up position, place your hands on the grip section of each bell for support.</li>

<li>Spread your legs to slightly wider than hip width apart with your toes supporting your weight. This is the start position.</li>

<li>Push down through one bell and at the same time “row” the opposite one upwards by retracting your shoulder and bending your elbow.</li>

<li>Hold for a count of one.</li>

<li>Your breathing should remain constant throughout the movement.</li>

<li>Lower the bell to the floor and without pause, then repeat the movement with your other arm.</li>

<li>When you have rowed both arms, that is one repetition.</li>

<li>Repeat for the desired number of repetitions.</li>

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