

MOVE OF
THE
MONTH

Power Pull

Score a toned back and sexy arms with this smart take on the classic row.

WHY WE LOVE IT Rowing movements are hands-down the best for back sculpting. But traditional single-arm rows make it easy to over-rotate your torso and use your body angle (rather than your muscles) to pull weight, says Tony Gentilcore, CSCS, owner of Core gym in Boston. This anchored kettlebell variation, on the other hand, stabilizes you: "When you anchor your opposite arm to the other kettlebell on the ground, it's difficult to twist." Less rotation means more work for your back, core, and arms. *Yas results!*

Asteria Active sports bra, \$110, and shorts, \$72, asteriaactive.com; **Mizuno USA** sneakers, \$110, mizunousa.com

If you can't reach the kettlebells without rounding your back, prop them up on weight plates.

Row as if you're putting your hand in your back pocket—that way, you won't lift too high and round your shoulders.

The bells should feel heavy but not impossible to lift. Start with 10 to 14 kilograms and adjust as needed.

HOW TO DO IT

1

Stand with feet hip-width apart, with two kettlebells on the floor in front of you.

2

Hinge at hips to reach down and grab kettlebells, maintaining a straight back and a neutral neck.

3

Row one kettlebell to hip, keeping opposite hand on other kettlebell, then lower it to the ground. That's 1 rep.

WORK IT IN

- As a strength builder: 3 or 4 sets of 8 to 12 reps per side
- As a superset: Add 8 to 10 reps of overhead presses to the above
- As a finisher: Alternate 5 rows per side and 5 pushups for 8 minutes