

## MOVE OF THE MONTH

# Sculpt Session

This innovative riff on the row will boost your bod from head to toe.

### WHY WE LOVE IT

The tabletop row takes the term *total body* to the next level. “Nearly every muscle is working here,” says Rachel Cosgrove, CSCS, owner of Results Fitness in Newhall, California. “Exercises that utilize the crawling position teach you to integrate all of your muscle groups at once.” In addition to seriously toning your arms, shoulders, and back with every movement, the knees-off-the-ground tabletop stance forces you to stabilize your torso while engaging your quads, hamstrings, glutes, and hips. You’ll feel this from the first rep (hello, abs!), and that top-to-bottom blast makes it an efficient strength and balance builder. No muscles left behind!

Start by placing your knees under your hips and hands under shoulders. Focus on maintaining that position and fighting any rotation as you row.

Your first time, use a light resistance band or 10 lbs on the cable machine. Make it easier by lowering your knees to the floor if needed.

The cable or band anchor point should be about shoulder height at the start of the exercise.

### HOW TO DO IT

1

Start on hands and knees, an arm’s length away from cable or band. Grab handle with right hand facing down.

2

Keeping back flat and head in line with spine, lift knees a few inches off the ground. This is your starting position.

3

Tighten core to stabilize body. Use lats to row handle in to chest, turning palm toward left arm. That’s 1 rep.

### WORK IT IN

- As a warmup: 2 sets of 8 to 10 reps per side with low weight
- As a strength builder: 2 sets of 8 to 10 reps per side with more weight
- As a superset: Add 2 sets of 8 to 10 reps of Russian twists with a medicine ball to the above

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