

# FreeMotion Row Exercises

Seated Two Arm Row

TRADITIONAL



Seated Alternating Arms Row

PROGRESSIONS



Seated One Arm Row



Seated One Arm Row with Rotation



Standing Two Arm Row



# FreeMotion Row Exercises

**Standing Alternating Arms Row**



**Standing One Arm Row**



**Standing One Arm Row with Rotation**



**Split Stance Two Arm Row**



**Split Stance Alternating Arms Row**



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# FreeMotion Row Exercises

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**Split Stance One Arm Row**



**Split Stance One Arm Row with Rotation**

