

Video: <https://youtu.be/3BkYbRULVgQ>

Category: Pulling exercises

- Target: improve rowing strength in lats, upper traps, and biceps
 - X-band row
 - One-arm row
 - Seated row
 - Bent-over row
 - Shrugs
 - Lat pulldown
 - Straight-arm pulldown
 - Band-assisted chin-up
 - Biceps curl
- Target: supporting muscles of the lower/middle traps, rhomboids, rear deltoids
 - Face pull
 - Pullapart
 - Y-Raise

Category: Pushing exercises

- Target: supporting muscles of the pecs, triceps, anterior deltoids
 - Band-resisted pushup
 - Chest press
 - One-arm overhead press
 - Triceps extension

Category: Hinge exercises

- Target: improved rowing strength in glutes, hamstrings, lower back
 - Good morning
 - Romanian deadlift
 - Pullthrough

Category: Squat exercises

- Target: improved rowing strength in calves, quads, glutes
 - Bodyweight squat
- Target: supporting muscles of the hip rotators
 - Band around the knees for glute activation when squatting
 - X-band walks or monster stomps

Category: Misc.

- Core: anti-rotational and rotational torso strength on both sides
 - Pallof press
 - Lying Pallof press
 - Woodchopper
- Stretches
 - Lying figure-4
 - Half-kneeling hip flexor

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