# Early to Rise Customer Support



# Should my abs be sore after doing dumbbell one-arm rows?

Honey - 2020-02-07 - Exercise FAQs and Substitutions

Yes! Dumbbell rows are a super sneaky ab exercise because you have to tighten your abs and resist rotation. Those muscles are working hard and will feel a little sore the next day! That's why you can give up useless crunches and just use my total body exercises.