

# Early to Rise Customer Support

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

Stephanie H - 2020-02-20 - in 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.