Early to Rise Customer Support

 $\underline{Knowledgebase} > \underline{Exercise\ FAQs\ and\ Substitutions} > \underline{Should\ my\ abs\ be\ sore\ after\ doing\ dumbbell\ one-arm\ \underline{rows?}}$

Should my abs be sore after doing dumbbell onearm rows?

Stephanie H - 2020-02-20 - 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.