

NEW EXERCISE

BENT-OVER ROWS



GOAL

Maintain
previous
exercises

+

**2-3 sets of
10-12 Bent-
Over Rows**

Bent-over rows strengthen the upper back, shoulders, and pulling muscles to support better posture and overall upper-body strength. Use dumbbells, resistance bands, or household items as needed, focusing on controlled movement and proper form.

Alternatives:

- DB Rows
- Single Arm Rows
- Seated Band row
- Band Face Pulls
- Inverted Rows



NUTRITION FOCUS

Fuel Physical Activity



Goal: Use simple carbohydrates when eating within 30-60 minutes before a workout or physical activity to support energy and performance. Focus on balanced, nutrient meals when eating >60 minutes before high intensity movement.



Habit Building Tips: Use this month to experiment with different pre-exercise foods and notice how your body responds. Try simple carbohydrates such as fruit, toast, crackers or cereal before different types of activity, and pay attention to energy, comfort, and performance to find what works best for you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.