

the **CrossFit** JOURNAL ARTICLES

Ring Row Variations

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In my last article (issue 58), I discussed the ring row. It is an excellent horizontal pulling exercise and great for correcting muscle imbalances common in a lot of lifters. This month, I have some fun variations on the ring row for you. They incorporate variations on the basic movement pattern, and some also require more stabilization across the body and rotational strength.

Reverse row

This variation on the row targets an unusual movement pattern. In this variation, you will start in the usual position at an angle under the rings, with your arms fully extended, your heels on the ground, and your body held in a tight plank. Row the rings back behind your head with your palms facing your head. The movement pattern is similar to throwing a ball backwards.



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Ring Row Variations (continued...)

Extended reverse row

The extended reverse row is similar to the regular reverse row, except you perform it with your arms kept straight throughout the movement. It is a good assistance exercise for learning how to swing on rings. It also taxes the posterior chain from top to bottom and can help to improve overhead stability in overhead squats. Most people are by far the weakest pressing backwards in the overhead position.



Chainsaw row

This variation of the row involves holding a single ring vertically, with your hands side by side on the ring, palms facing one another, also called a mixed grip. In this variation, you will bend your arms to pull your chest up toward the ring and then rotate one shoulder up to the top of the ring, pulling your torso around and rotating your hand above the ring.

This is a pretty challenging exercise, so feel free to elevate the ring and perform it at a more upright body angle. These can provide some challenge even when you're nearly in a standing position. The cool thing about this exercise is that you get to train rotational strength in a functional manner.



Ring Row Variations (continued...)

One-arm ring row

The one-arm ring row doesn't require much explanation since it's essentially the same as regular ring row, performed with just one arm. However, the one-arm version does have a greater range of motion. Your body does not have to be parallel to the ground at all times. In fact, letting your non-working shoulder drop a bit at the start and rise above the ring at the finish makes additional demands on both the working shoulder and, especially, all the torso stabilizers.



Tyler Hass is the founder of ringtraining.com and designer and producer of the Elite Rings. His company is dedicated to spreading gymnastics into the broader fitness world. He can be reached at info@ringtraining.com.