

T-ROW LANDMINE

A man in a grey t-shirt and black shorts is performing a T-row landmine exercise. He is leaning forward, holding a large black dumbbell with both hands, and pulling it towards his chest. The background is a gym with a black floor and a blue wall. The image is framed by orange and black geometric shapes with white lines.

DAY1
FITNESS

**100% SATISFACTION
GUARANTEED!**

T-ROW LANDMINE

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- 1** Insert one end of the Olympic bar into the landmine. Load the opposite end, (the collar), with appropriate weight for performing rotational and angular strength exercises.
- 2** Every training program should include pressing, pulling, squatting, lunging, and rotation. Often times using a barbell to perform these foundational movements requires good form and proper technique, of which takes time to learn. Using a landmine reduces the risk of performing these movements and can also aid those with mobility restrictions and injuries.
- 3** **SAFETY:** It is best to focus on your form when first starting. Begin with lighter weights and move up in weight as you become more accustomed to the exercise using proper form. Due to the arc-shaped path of the landmine, please note that the closer the bar is to the floor, the more weight you will lift. It is more difficult to perform kneeling movements verses standing movements. Since the bar is partially supported by the ground, you will lift less than the actual weight you are using (bar + plates). Because of this the bar position is important. Keep the bar in line with your shoulder and close to your body on pressing exercises. Pivot your feet and rotate at the hips on rotational exercises.

LANDMINE SQUATS

- 1** Begin by holding the bar against your chest, and squat down until your thighs are parallel to the floor and your knees are at a 90 degree angle. Keep your knees in line with your toes. Allow your torso to tilt naturally but be careful not to let your chest collapse or round your shoulders. This will allow your hips to release properly. Keep your heels glued to the floor and drive them into the ground as you fully extend your legs while contracting your glutes and return to a standing position.

LANDMINE THRUSTERS

- 1** Begin by holding the bar against your chest, and squat down until your thighs are parallel to the floor and your knees are at a 90 degree angle. Keep your knees in line with your toes. Allow your torso to tilt naturally but be careful not to let your chest collapse or round your shoulders. But as you return to the starting position, explosively press the weight forward by fully extending your arms as you extend your legs.

ROTATIONAL SINGLE ARM PRESS

- 1** Begin by angling your body about 45 degrees toward the landmine. Hold the loaded bar in your right hand, and position it at chest level just inside your right shoulder. Descend into a quarter-squat as you shift your weight slightly to your right rear leg.
- 2** Generate power by driving and rotating from the back of your right hip, with your waist and shoulder simultaneously following as you pivot from your right foot. Fully extend your right arm at the top of the movement as you shift your weight to your front leg, keeping the bar in line with your shoulder.

TWISTS

- 1** Hold the bar with both hands at chest level. Use your arms to move the bar in a broad arc back and forth in front of you as in performing windshield wipers. Keep your core and hips steady while using only your arms to perform this move.

SPLIT SQUAT/ROW COMBO

- 1 Turn with your back facing the landmine in a split-stance position with the leg that is right next to the bar being the leg that is behind you. the outer leg will be in front. Pick up the bar with the hand closest to the bar, gripping the bar just below the collar. Keep tension on the bar and descend into a split squat, stopping just before your back knee touches the ground. Return to an upright position by extending your front leg while simultaneously rowing the bar.

SINGLE-LEG DEADLIFT

- 1 Start with feet together, holding the collar of barbell in right hand. Hinge forward at hips lifting right foot off the floor and extending it behind you as you flatten your back while lowering the barbell toward the floor. Lower torso until parallel with the ground or until you feel a stretch in left hamstring. Squeeze through glute to return to starting position for 1 rep. Repeat on opposite side.

HALF-KNEELING SHOULDER PRESS

- 1 The kneeling option is a great choice for shoulder work and beginners. Kneel with your right foot on floor, knee is bent to 90 degrees, holding the collar of barbell in right hand with straight upper body, shoulders, torso and hips aligned. Press barbell straight up. Hold for 2 seconds, return to starting position for 1 rep. Repeat on opposite side.

BENT OVER ROW

- 1 Stand behind the landmine with your feet hip-distance apart and your right hip facing the anchor. Hold the barbell with your right hand and keep your left hand on your hip or behind you. Slightly bend your knees and hinge forward with a flat back
 - (a). Pull the barbell towards you chest until your upper arm is parallel to ground and elbow forms a 90-degree angle
 - (b). Lower barbell to starting position. Be sure to keep your back flat and chest lifted the entire time
 - (c). Do 10 reps before switching sides.

GLUTE BRIDGE PRESS

- 1 Lying on the ground to the right of the barbell, face up with feet positioned towards the landmine. With left hand on barbell collar, bend both knees and bring your feet in close to your hips. Raise your right leg straight up towards the ceiling. While engaging your glutes, press your hips up into a bridge as you press the barbell up with your left arm. Perform about 10 reps and switch to your right hand and left leg.