

ROWS



Muscle Group: Back (latissimus dorsi, trapezius) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine, dumbbell, barbell

Instructions

1. Make adjustments to the machine so that you can reach the handles.
2. Sit on the bench facing the machine and adjust the weight using the pin.
3. Plant your feet firmly on the ground, or foot rests and reach forward to grab hold of the handles.
4. Slowly pull the handles towards your body. Stop when your hands are close to your ribs.
5. With control, reach back out until your arms are straight, then continue the exercise.
6. Repeat this 10 times (3 x 10).

Tips & Modifications

- Keep your elbows close to your body when pulling the handles in.
- Keep your chest forward with your back straight and keep your knees slightly bent.
- Beginner Tip: Practice the movement without weight first.
- Start with the lowest weight on the machine.



Click here or scan the QR Code below to watch video instructions!

