

SEATED ROW

START



- Set the correct resistance on the machine
- Ensure the seat and resting pads are set correctly
- Sit on the seat and rest your chest on the pad
- Place your feet on the foot pads
- Hold the bars

MIDDLE



- Without rocking the torso begin to pull the weight toward your chest
- Focus on using your back and NOT your arms to pull the weight
- Retract your shoulder blades as you flex the elbow
- Pause at the top of the motion

END



- Slowly lower weight back down to starting position
- For multiple repetitions, avoid completely returning the weight to the stops to keep tension on the muscles being worked
- Repeat for desired number of repetitions

MUSCLES TARGETED

BACK (LATISSIMUS DORSI, TRAPEZIUS, RHOMBOIDS) REAR SHOULDERS (POSTERIOR DELTOID) AND ARMS (BICEPS, BRACHIALIS)

- The seated row primarily targets the muscles in your back
- The seated row uses several secondary muscles as synergists to stabilise the exercise, including biceps and triceps which help to stabilise the shoulder as you perform the rowing action

NOTE

The back is often neglected in strength training routines, so the seated row is an excellent way to incorporate some latissimus dorsi and rhomboid development into your workout.