

Low Row



Fig. 1



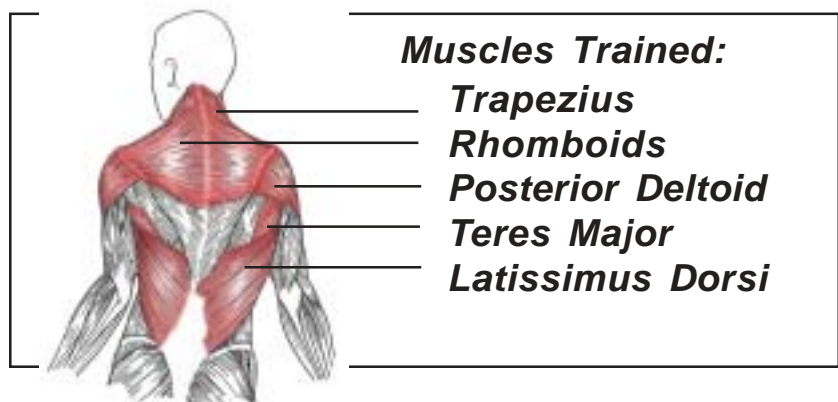
Fig. 2

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should **STOP** exercising & contact your physician. Alert gym staff if assistance is needed.

Lifting Technique:

1. Select desired weight
2. Adjust the height of the bench if necessary
3. Sit on the bench with your legs fully extended, without hyper-extension (soft knees)
 - Feet should be shoulder width apart
4. Grasp the handles and straighten the back to lean back slightly [Fig. 1]
 - Keep the head erect
5. Pull handle back to your lower abdomen just above your thighs [Fig. 2]
6. Squeeze your shoulder blades and elbows together to lift the weight
7. Lower the weight to complete a repetition, full stretch, and full range of motion by allowing the weight plates to *nearly* touch
 - Continue to extend the legs with soft knees
8. Complete the desired number of repetitions



Muscles Trained:

Trapezius

Rhomboids

Posterior Deltoid

Teres Major

Latissimus Dorsi