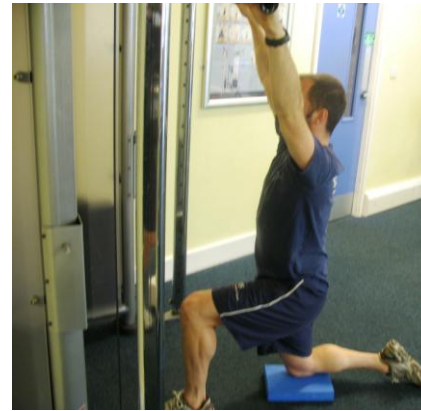


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## Level Three: Half Kneeling Cable High Pull

The half kneeling row is a progression due to the exercise now being user-defined rather than machine defined i.e. the user defines the movement rather than following a machine defined movement. The user is required to row under control through the glutes and torso area and teaches rows without using lumbar extension.



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### Teaching Points

- Either tall kneeling / half kneeling
- Engage the core, keep the spine neutral
- Take hold of the handles, retract the shoulder blades
- Pull back the handles, leading with elbows
- Pause when elbows are in line just past shoulders
- Keep wrist and elbows aligned
- Pause and under control return to the start



### Target Muscles

**Primary Muscles:** latissimus dorsi, rhomboids, brachialis, brachioradialis

**Secondary Muscles:** pectoralis major, posterior deltoid, biceps brachii, triceps, trapezius, transverse abdominus, rectus abdominus

**Look out for:** spinal flexion, shifting their weight forwards / backwards, leaning backwards to lift the weight, wrists not aligned with elbows