

## Level Four: TRX / Smith Machine Inverted Row

The TRX and smith machine row both allow for simple progression and match up quite nicely to the opposite pattern of horizontal push. The exercises require lumbar and pelvic control as well as good movement.

The entry level would be as close to the feet being directly under the hips as need be for the user to complete the correct movement. As with the horizontal push, gravity's effect on the torso position is reduced the closer to vertical the body is. Again the position allows for easy coaching of the exercise and allows teaching of correct sequencing i.e. shoulders / back to move hands, rather than pulling to move. The exercise also allows for the overweight client to get some core control / stability without needing to lie down and get back up (hard for a big person and embarrassing)

Knees bent    Leg straight    Leg Raised    Weighted

### Teaching Points

- Adjust the TRX to the appropriate length
- Take grip of the TRX handles with an overhand grip
- Engage the core, spine straight, ankles, hips and shoulders aligned
- Start with arms extended
- Lift yourself up, body in one straight line, until your hands touch your chest



### Target Muscles

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

**Secondary Muscles:**  
pectoralis major,  
posterior deltoid, biceps  
brachii, triceps

**Look out for:** knees, hips, shoulders all aligned during the movement, full range of

movement, bringing the sternum to the bar and pushing the hips back