

## Level Two: MTS High Row

The MTS offers the user the added demand of uni-lateral which will place extra work on the torso to stabilise against rotation forces. The exercise is ideal for imbalances caused by injury or dominant one sided activity e.g racket sports.

### Target Muscles

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

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



### Teaching Points

- Adjust the seat so you can just about reach the handles
- Keeping the core engaged, spine straight, take hold of the handles with an overhand grip
- Retract the shoulder blades
- Keeping the chest against the pads, pull back, leading with the elbows, until hands are just in front of the body
- The neck should stay facing forwards, maintaining spinal alignment
- Return weight to start, leaving a slight gap between the weight stacks to maintain tension in the muscle being worked



**Look out for:** bringing the chin to the sternum, not keeping chest against the pads, using movement from the back to help lift the weight, not squeezing all the way through the shoulders at the end of the movement