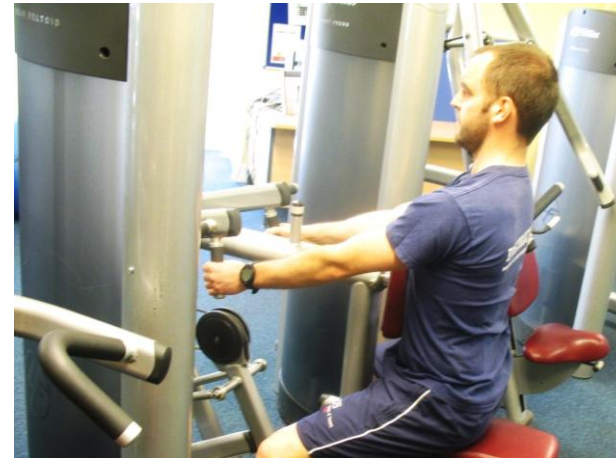

Level One: Signature Row

The signature series seated row offers the entry user the ability to practice the correct sequence of activation and also if someone lacks a bit of pelvic control (poor glute strength) then we can address this whilst still getting the movement strength. The increments allows for simple load progressions.



Target Muscles

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

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

Teaching Points

- Sit facing into the machine, adjust seat height so bottom of sternum is sitting just above the top of the seat
- Take hold of the vertical handles with a neutral grip, keeping the elbows close to the sides
- Retract your shoulder blades, engage the core and keep spine straight
- Pull the handles back until your hands are by your side
- Keep the chest in contact with the pad throughout the movement

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

