

## Level Five: Single Arm Dumbbell Row

The DB row now incorporates uni-lateral training and creates a greater demand on the torso due to anti-rotation muscular activity on the opposite side to the dumbbell arm, due to the horizontal position the classic single arm row always creates demands on the torso that requires excellent core control.

A progression on the row could be to start with a 3 pt row, where the angle of the body is 45 degrees rather than parallel to the ground.



### Target Muscles

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

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

### Teaching Points

- Place the dumbbell on the bench
- Place one knee directly below the hip and the same side hand directly below the shoulder
- The supporting leg should be bent and out to the side, with the foot on the floor
- Engage core, head facing the floor, straight spine
- Take hold of the dumbbell with the free hand, leading with the elbow row the dumbbell up so it is in line with the chest
- Avoid rotation through the shoulders and hips
- Lower dumbbell until arm is fully extended (avoid rotation through the shoulders and hips)

**Look out for:** rotation at the shoulders (should stay aligned), hips not aligned, spinal alignment, head looking up, elbows coming out to the side

