

SEATED ROWS (PLATE LOADED)



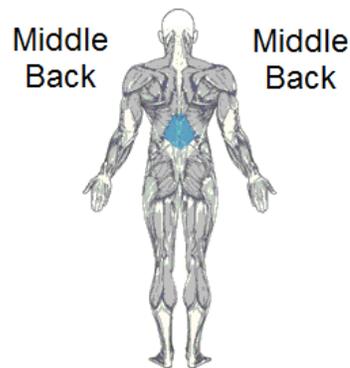
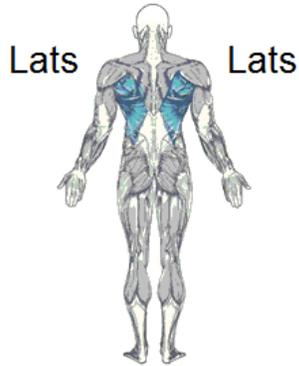
1. Load an appropriate weight on a **Seated Rows Machine (Plate Loaded)** -or Cables- then adjust the seat height so the handles are on the same level as your lower chest (nipple line). Sit down and keep both your feet pressed firm against the machine's lower feet platform, and your chest pressed against the machine's front pad. Grab both handles with the palms of your hands are facing each other (inwards), and your head facing forward. Make sure your torso is far enough from the handles when you sit down to allow your arms to fully extend and are kept under constant tension when grabbing the handles. This will be your starting position.
2. Use your lats & back muscles to pull the handles all the way towards your torso, while retracting your shoulder blades and contracting your back muscles as hard as you can.
3. Slowly return the handles back to their starting position while keeping your lats & back muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy weight stack when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. A proper adjusted weight stack that is not too heavy should have you mostly engage your lats & back muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight stack if you ever felt that your arms are being more engaged than your lats & back muscles which should be the main muscle groups you're targeting. It is normal for you to feel your rear deltoids (rear shoulders) muscles also getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Seated Cable Rows \(V Grip\)](#) / [Machine Assisted Pull-Ups \(Neutral Grip\)](#) / [Bent Over Dumbbell Rows](#)

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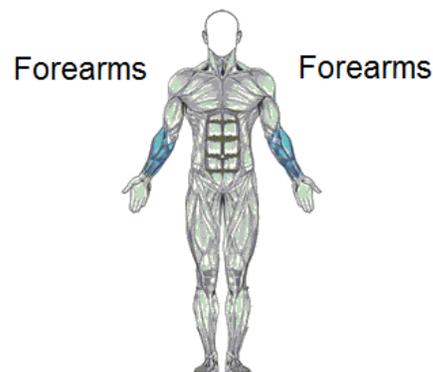
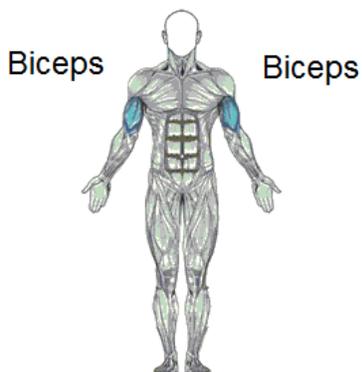
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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YOUR_BEST_STARTS_HERE

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