

# BENT OVER SINGLE ARM DUMBBELL ROWS



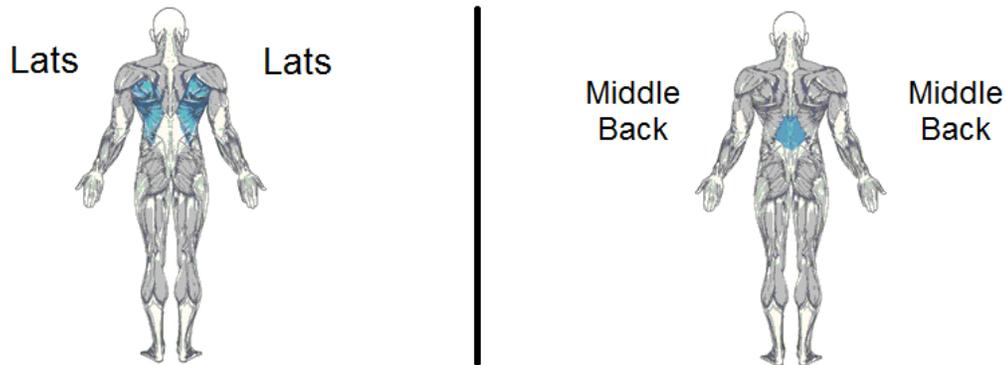
1. Choose a stable flat bench and place a **Dumbbell** on it's right side.
2. Place your left knee on top of the bench's edge, while bending your torso forward at the hip/waist until your upper body is parallel to the bench and the floor, as you rest your upper body's weight on your fully extended left arm, with your left hand resting on the right edge of the bench to give you support. Use your right hand to pick up the **Dumbbell** off the floor with the palm of your hand facing inwards, and your back kept flat and straight. This will be your starting position.
3. Use your right side lats & back muscles to row the **Dumbbell** all the way to your right side, while keeping your torso stationary (not moving) and your elbow kept close by throughout the entire motion.
4. Slowly return the weight back down to it's station position, while keeping your lats & back muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch arms and legs positions then perform the same exact motion for the same amount of repetitions with your other arm.

**CAUTION:** NEVER use a heavy set dumbbell when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. A proper weighted dumbbell 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. Pick a lighter dumbbell 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 also feel your rear deltoids (rear shoulders), trapezius muscles getting slightly engaged while performing this exercise.

**ALTERNATIVE EXERCISES:** [Seated Single Arm Cable Rows](#) / [Standing Single Arm Cable Rows](#) / [Lat Pull Downs \(Single Arm Grip\)](#)

# BENT OVER SINGLE ARM DUMBBELL ROWS

## PRIMARY MUSCLES

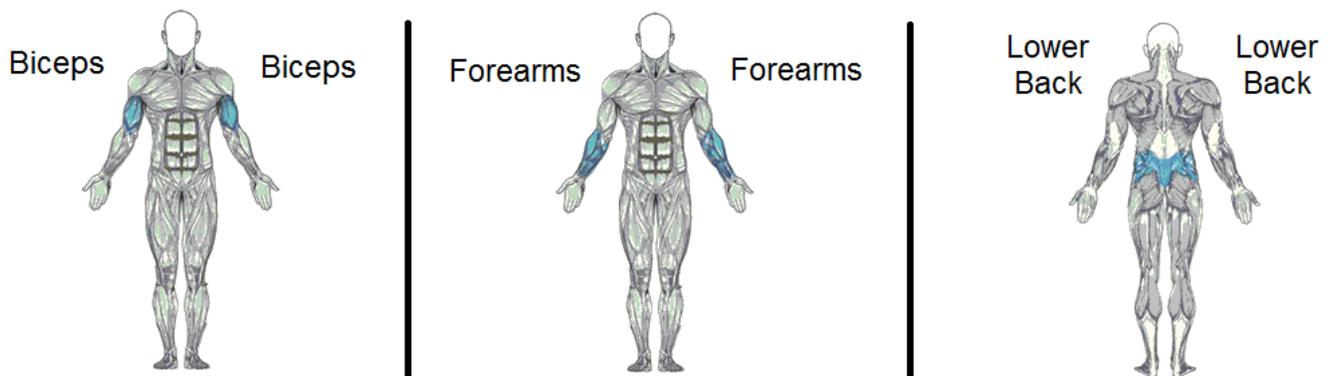


A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

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.

# BENT OVER SINGLE ARM DUMBBELL ROWS



**# YOUR\_BEST\_STARTS\_HERE**

[www.fitnesslegacy.net](http://www.fitnesslegacy.net)