

SEATED CABLE HIGH ROPE ROWS



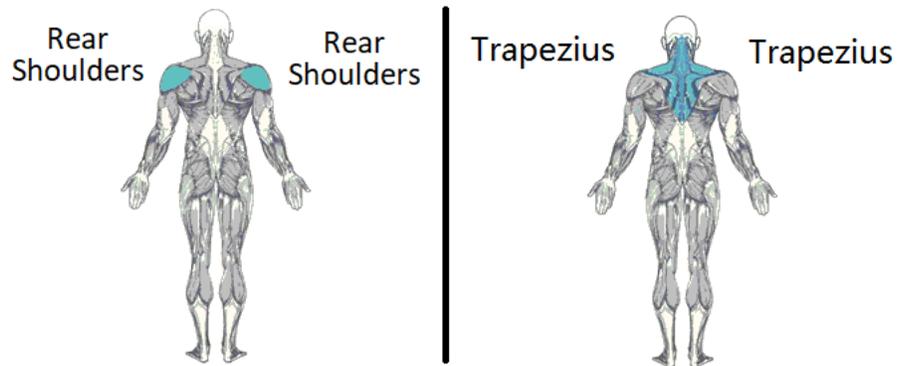
1. Attach a **Rope** to a low pulley row machine, then select your desired weight resistance to be used.
2. Sit down and place your feet against the lower part of the machine's front platform, while making sure that your knees are slightly bent and not locked. Lean over as you maintain the natural alignment of your back and grab the **Rope** from both ends in a neutral/overhand grip (palms facing each other). Your arms should be fully extended, your back should be upright and your chest should be sticking out. You should also feel a nice stretch on your lats muscles as you hold on to the **Rope** in front of you. This will be your starting position.
3. Use your rear deltoids & trapezius muscles to pull the rope all the way towards your chest, while retracting your shoulder blades and contracting your upper back muscles as hard as you can. Stick your elbows high and keep your shoulders elevated as you pull the rope towards your chest.
4. Slowly return the rope back to it's starting position, while keeping your rear deltoids & trapezius muscles fully engaged and under constant tension. Only your arms should be moving back and forth with the rope while the rest of your body should remain stationary (not moving).
5. Repeat this motion for the recommended amount of repetitions.

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

ALTERNATIVE EXERCISES: [Bent Over Dumbbell Flys](#) / [Rear Delts Machine Flys](#)

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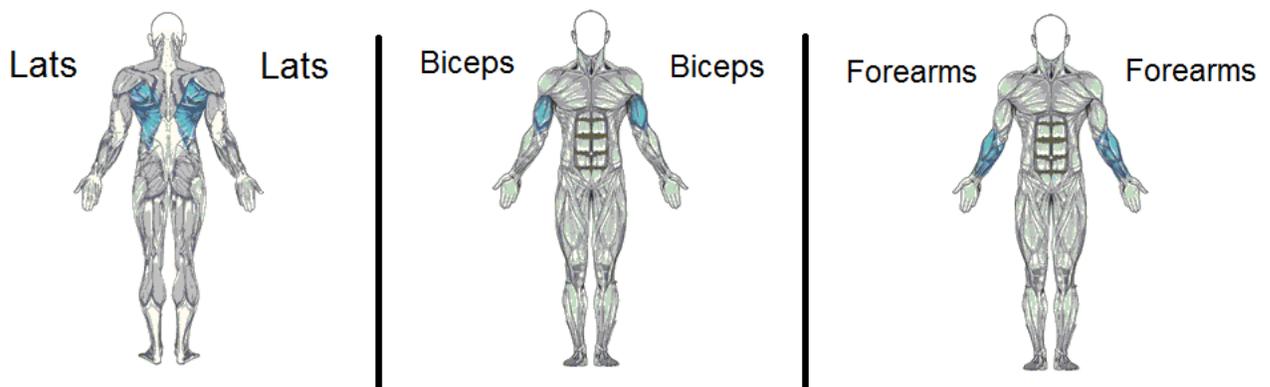
PRIMARY MUSCLE



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** 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** when performing this exercise.

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