

# SEATED SINGLE ARM CABLE ROWS



1. Attach a **Single Arm Grip** to a low pulley row machine, then select your desired 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 **Single Arm Grip** with your right hand, where the palm of your hand is facing inwards. Your arm should be fully extended, your back should be upright and straight, and your chest should be sticking out. You should feel a nice stretch on your right lat muscle as you hold on to the **Single Arm Grip** in front of you. Your non-lifting hand should be grabbing your waist or placed on top of your left thigh to give you some support. This will be your starting position.
3. Now use your right side lat & back muscles to pull the **Single Arm Grip** all the way towards the right side of your abdomen. Keep pulling until your hand reaches the side of your torso. Remember to keep your elbow in, and your torso stationary (not moving) throughout the entire movement.
4. Slowly return the **Single Arm Grip** all the way back to its starting position, while keeping your right side lats & back muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch arms and perform the same amount of repetitions with your other arm.

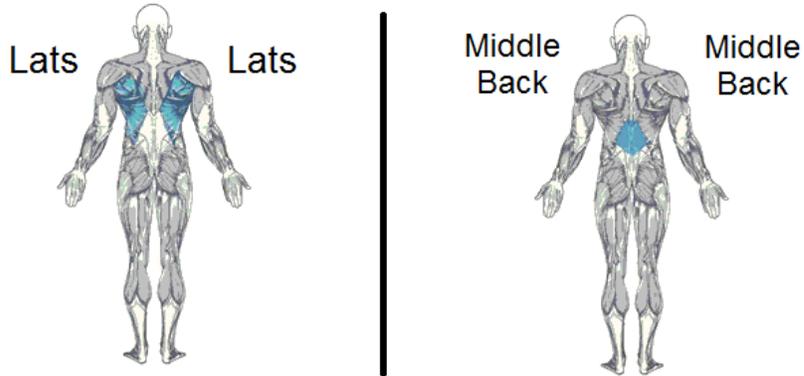
**CAUTION:** NEVER use a heavy weight setting when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. Do NOT rotate or twist your torso while pulling the weight towards you. A proper adjusted weight setting that is not too heavy should have you mostly engage your lats & back muscles -as it should- instead of having you rely on your arms to perform this exercise. Lower down the weight resistance 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) & trapezius muscles also getting slightly engaged while performing this exercise.

## ALTERNATIVE EXERCISES:

[Standing Single Arm Cable Rows](#) / [Isolated Seated Rows \(Plate Loaded\)](#) / [Bent Over Single Arm 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.

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## 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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