

# ISOLATED 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 the right handle with the palm of your hand facing 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. Your non-lifting hand should be holding on the front pad to give you some support. This will be your starting position.
2. Use your right lats & back muscles to pull the right handle all the way towards your torso, while retracting your right shoulder blade and contracting your right back muscles as hard as you can.
3. Slowly return the right handle back to it's starting position while keeping your right lats & back muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch arms and perform the same exact motion for the same amount of repetitions with your other arm.

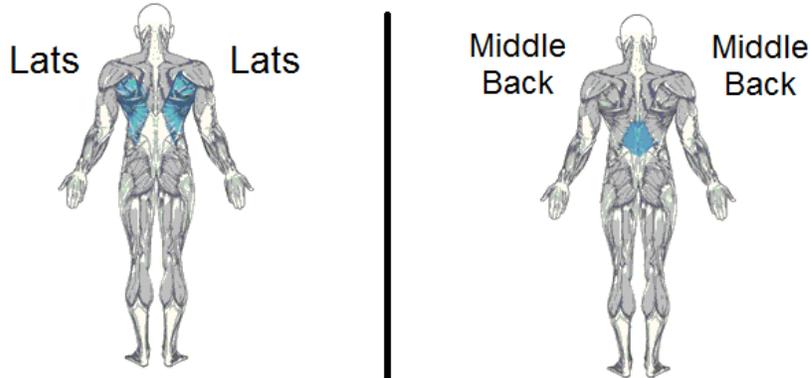
**CAUTION:** NEVER use a heavy weight stack when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. A proper adjusted weight stack that is not too heavy should have you mostly engage your lats & back muscles -as it should- instead of having you rely on your arms 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 \(Single Arm\)](#) / [Standing Single Arm Cable Rows](#) / [Bent Over Single Arm Dumbbell Rows](#)

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## PRIMARY MUSCLES

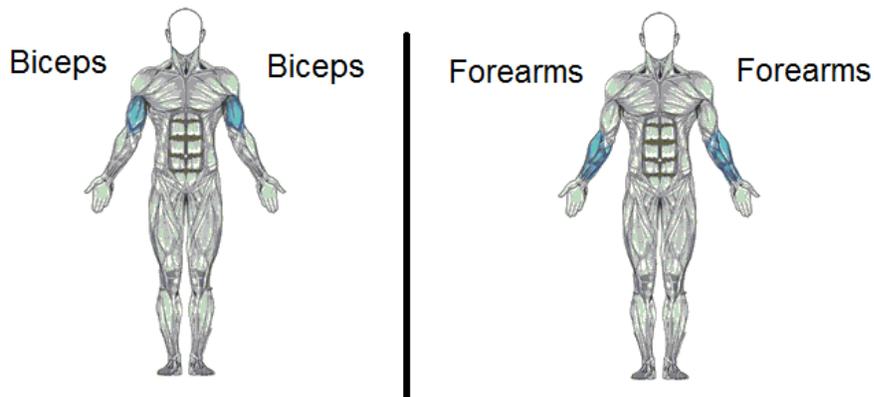


A **primary muscle** is the main muscle group responsible for controlling a certain movement or used when performing a certain exercise.

Muscle engagement should be **%90 - %80** 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 **%10 - %20** when performing this exercise.

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