

STANDING SINGLE ARM CABLE ROWS



1. Attach a **Single Arm Grip** to the middle of a pulley machine or a cross cable machine, then select your desired resistance to be used.
2. Stand tall in front of the pulley machine with your left leg half bent and firmly placed at your front to keep your body from falling forward, and your right leg just a couple of feet behind to give you some balance. Take that stance while holding a **Single Arm Grip** in one hand with your arm fully extended and the palm of your hand facing inwards. Your non-lifting hand should be grabbing your waist or placed on top of your left leg to give you some support. Make sure you are far enough from the machine that you can fully extend your arm while keeping it under tension. 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 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 it's starting position, while keeping your right side lat & back muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch hands and legs positions then repeat the same exact motion for the same recommended amount of repetitions.

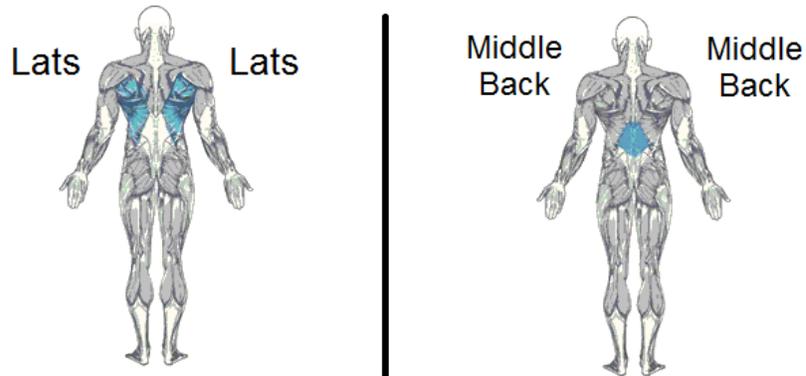
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any back, shoulders, biceps and/or wrists injury. Do NOT rotate or twist your torso while pulling the weight towards you. A proper adjusted weight setting that is not too heavy should have you mostly engage your 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. This is also a balance and coordination exercise so it's normal for you to also feel your legs and core muscles getting engaged while performing this exercise.

ALTERNATIVE EXERCISES:

[Seated Single Arm Cable Rows](#) / [Bent Over Single Arm Dumbbell Rows](#) / [Lat Pull Downs \(Single Arm Grip\)](#)

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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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