

SEATED CABLE ROWS (ROPE)



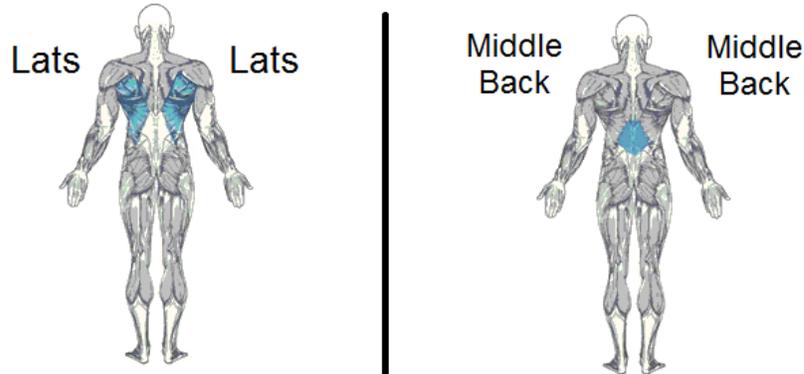
1. Attach a **Rope** to a low pulley row machine, then select your desired resistance to be used.
2. Sit down and place your feet against the lower part of the machine's front platform, while making sure that your knees are slightly bent and not locked. Lean over as you maintain the natural alignment of your back and grab the two ends of the **Rope** in a neutral grip with both your hands 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 lats & back muscles to pull the **Rope** all the way to your midsection, while retracting your shoulder blades and contracting your back muscles as hard as you can. Keep pulling the **Rope** until it's two sides almost touch your torso from both sides.
4. Slowly return the **Rope** all the way back to it's starting position, while keeping your lats & back muscles fully engaged and under constant tension.
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 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 also normal for you to feel your rear deltoids (rear shoulders) & trapezius muscles getting engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Seated Cable Rows \(V Bar\)](#) / [Standing Cable Rows](#) / [Bent Over 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.

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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