

# STANDING SINGLE ARM BAND ROWS



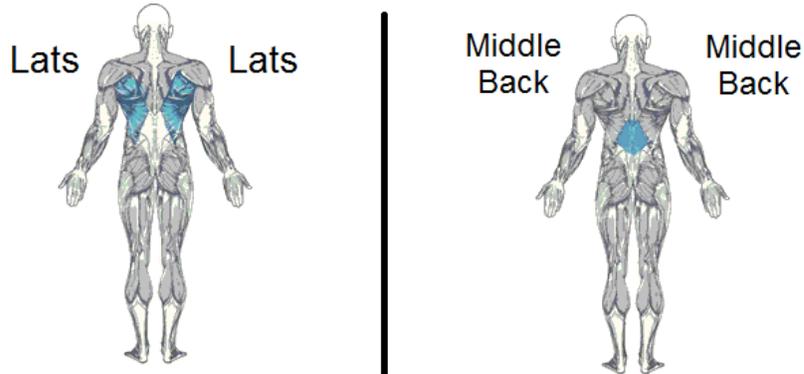
1. Wrap the exact middle of a resistance band around a doorknob and stand about an arm's length away from the door where you can fully extend your arm while keeping it under tension.
2. Place your right foot firm at your front with your knee slightly bent, and your left leg stretched a couple of feet behind to give you some balance. Take that stance while holding both arm grips of the band in your left hand, with your arm fully extended and the palm of your hand facing inwards. Your other non-lifting hand should be grabbing your waist or placed on top of your half bent leg to give you support, and always maintain a straight & upright torso while performing this exercise. This will be your starting position.
3. Now use your right side lats & back muscles to pull the arm grips of the band 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 arm grip all the way back to it's 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 hands and legs positions then repeat the same exact motion for the same recommended amount of repetitions.

**CAUTION:** Band Resistance strength can be easily manipulated by either moving away from the door to make it tougher and increase it's resistance, or by moving closer to the door to decrease it's tension and make it easier to pull it. This is also a balance and coordination exercise so it's normal for you to also feel your core and legs muscles also getting engaged to keep you balanced and centered while performing this exercise.

**ALTERNATIVE EXERCISE:** [Stepper 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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