

STANDING CABLE ROWS



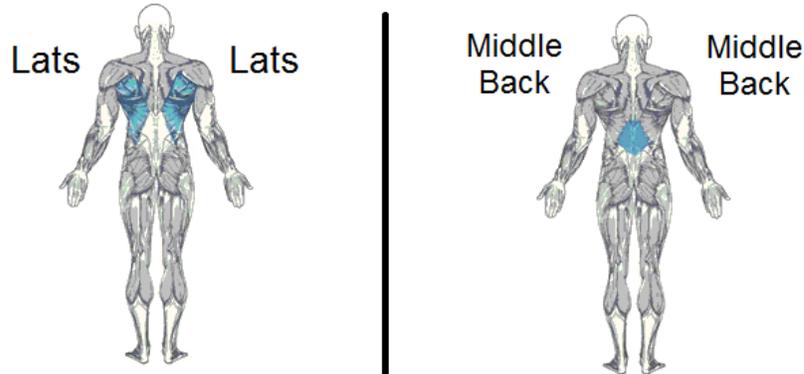
1. Attach **2 X Single Arm Grips** to the middle of a pulley machine or a cross cable machine, then select your desired resistance to be used.
2. Stand tall in front of the pulley machine with your right leg half bent and firmly placed at your front to keep your body from falling forward, and your left leg just a couple of feet behind to give you some balance. Take that stance while holding both **Single Arm Grips** with one in each hand with both your arms fully extended and the palms of your hands are facing each other. Make sure you are far enough from the machine that you can fully extend your arms while keeping them under tension. This will be your starting position.
3. Now use your lats & back muscles to pull the two **Single Arm Grips** all the way towards your midsection (abdomen) while slightly opening your hands at the end of the move to give yourself a longer range of motion. Pull both arm grips until your forearms reach the sides of your torso and your elbow slightly surpasses your torso. Remember to keep your elbows in and your torso stationary (not moving) throughout the entire movement.
4. Slowly return the two **Single Arm Grip** all the way back to their 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 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 also getting engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Seated Cable Rows \(V Bar\)](#) / [Lat Pull Downs \(V Bar\)](#) / [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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