

## DB SINGLE ARM ROW

START



MIDDLE



END



- Bend at the hips and place one knee and the same-side hand on a flat bench
- Keep your other foot on the floor back from the bench
- Hold a dumbbell in your free hand
- Hang the dumbbell straight toward the floor with your elbow loose

- Keep a stationary spine and neutral head position
- Pull the dumbbell toward your hip, leading with your elbow
- Keep your elbow in close
- Bend your arm and bring your shoulder upward
- At the top, your tricep should be towards the ceiling as you squeeze your shoulder blades together
- Allow your shoulder to shift back on the ascent and down on the descent
- This action means your back is contracting and extending
- If this isn't happening, the biceps is taking on the load

- Lower the dumbbell under control along the same path
- Complete your reps for one side
- Switch arms and do the same amount of reps
- Remember to keep your arm "relaxed" and use your back muscles and pull through your elbow
- The weight should stay oriented toward the floor
- Think of your arm as just a hook to connect the resistance to your lats and mid-back muscles

### MUSCLES TARGETED

#### LATISSIUMUS DORSI, BICEPS AND FOREARMS

- The fan-shaped latissimus dorsi muscles run from underneath your arms down to your lower back and are the main movers
- Key assistance comes from the rhomboids and trapezius

#### NOTE

*Do not bend your elbow too much (inside 90°) as you raise the dumbbell as this will turn the exercise into a curl. Aim to keep the dumbbell oriented toward the floor.*