

## HOW TO PERFORM A SEATED CABLE ROW

### MUSCLES WORKED

LATS, TRAPEZIUS, REAR DELTS,  
RHOMBOIDS. CORE AND BICEPS ALSO  
ENGAGED



Sit on the bench with your knees bent and grasp the cable attachment (often a triangle handle or a bar).

Then position yourself with your knees slightly bent, grabbing the handle with your arms.

Without curling the lower back over, brace the abdominals and slowly begin to row.

1. Pull the handle and weight back toward the lower abdomen while trying not to use the momentum of the row too much by moving the torso backward with the arms.
2. Target the middle to upper back by keeping your back straight and squeezing your shoulder blades together as you row, keeping your chest out.

3. Return the handle forward under tension to full stretch, remembering to keep that back straight even though flexed at the hips. Repeat the exercise for the desired number of repetitions.

### **Common mistakes:**

Avoid these errors to get the most from this exercise and prevent strain.

### **Rounding Your Back**

Your back should be straight at all times, not bent. You can flex slightly at the hip to allow a full range of motion. Focusing on your posture will allow you to get the most out of this exercise.

### **Moving Your Torso**

When you move your torso during this exercise, you rely too much on momentum to move the weights. Use your arms for the motion rather than moving your torso. Keep your torso still throughout the exercise.

### **Returning the Weight Too Fast**

Return the weight under tension to the starting position. Don't crash the weights, and don't pause or bounce at the bottom of the lift. This will ensure your muscles are activated for the full course of the exercise.

### **Reduced Range of Motion**

If the weight is so heavy that you cannot go through the full range of motion with good form, it is too heavy.

Reduce the weight and ensure you get a full range for this exercise. A good rule is to start with a lighter weight while focusing on form, then add more weight once you know you are doing the exercise correctly.