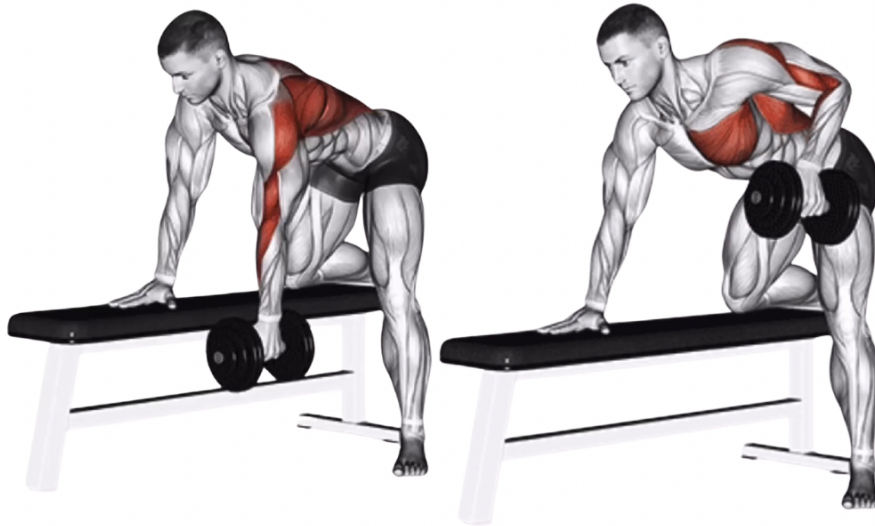


HOW TO PERFORM THE SINGLE ARM ROW

MUSCLES WORKED

PRIMARY: LATS, TRAPEZIUS,
RHOMBOIDS & REAR DELTOIDS

SECONDARY: CORE & BICEPS



1. Grip a dumbbell in your left hand, then place your right knee and right hand on the left edge of a bench. Your left leg should be planted flat on the floor just short of hip width distance from your right knee, and your left arm extended down.
2. Tuck in your ribs to create a neutral spine and engage your core.
3. Press your right hand firmly into the bench to create a strong base and then row the dumbbell towards your waist. It can be helpful to think about pulling your elbows back towards your hips.
4. Once your triceps are parallel with the floor, slowly extend your arm to lower the dumbbell back to starting position.

What's The Difference Between The Single Arm Row And The Dumbbell/Barbell Bent Over Row?

Aside from the obvious difference that the single arm row trains one side at a time and the dumbbell bent over row trains both sides, the single arm row uses a bench for support and does not require the performer to maintain a hip hinge like the dumbbell bent over row does. This can be helpful for those who are unable to sufficiently challenge their back muscles before their hamstrings and glutes fatigue, or who struggle to protect their core while in a hip hinge.

Most people find they can lift more in the single arm row for this reason, as well as due to increased stability and more on the mind muscle connection from focusing on one arm at a time.