

# SEATED ROW

- Sit facing machine - knees slightly flexed  
- place feet on footrests
- Select weight
- Hold handle with overgrasp grip  
- hands shoulder width apart
- Pull handle back to upper chest  
- keeping elbows high and with a flat back return smoothly



## Setting Up



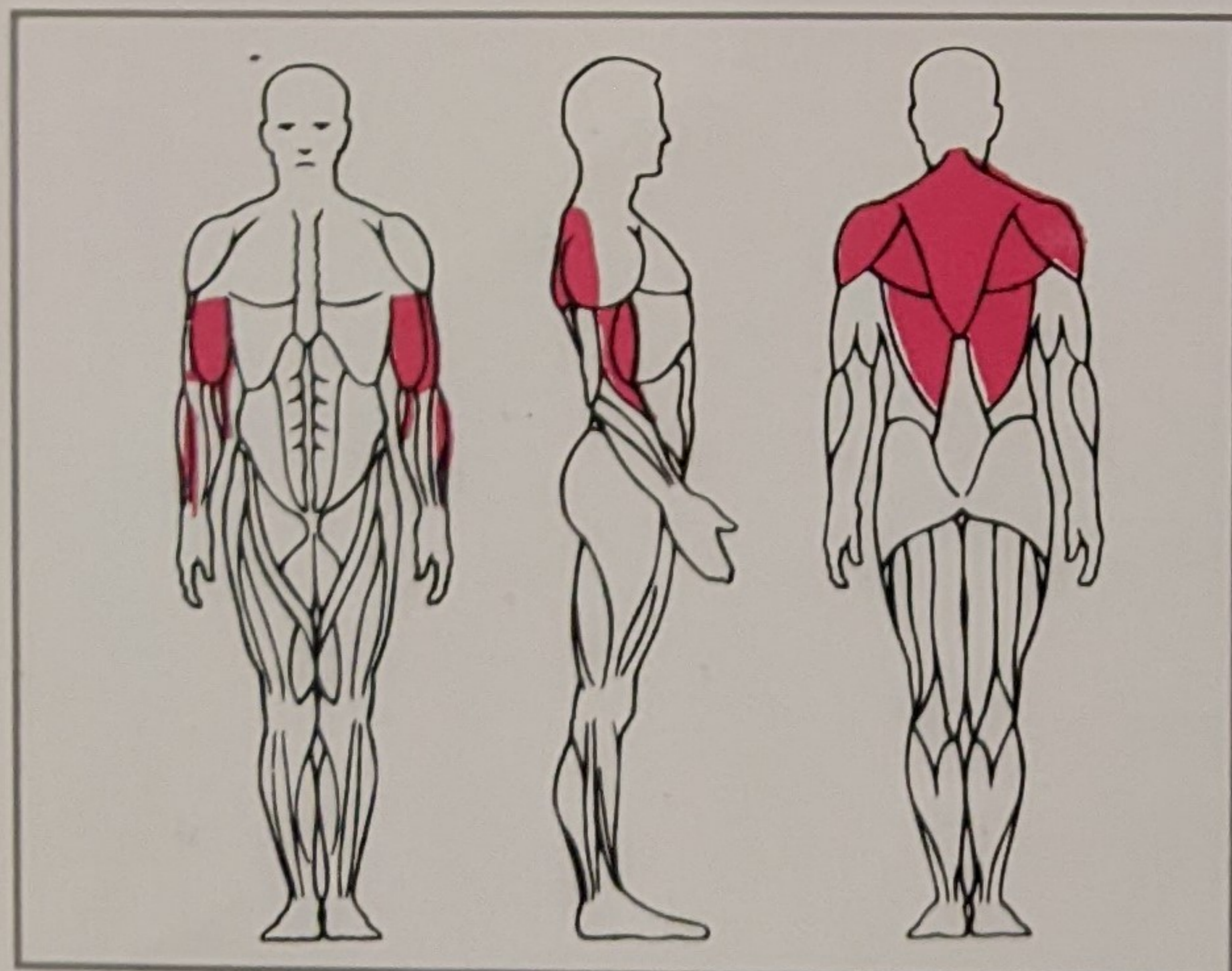
## Start



## Finish



## Muscles Used



## Training Tips

- Variation - To work lower back (Lats) reverse grip to **undergrasp**
- Pull bar to **midriff**- keeping elbows tucked in to the sides

## Muscles Used

### Back (Shoulder Retractors)

Latissimus Dorsi - Teres Major  
- Posterior Deltoid - Rhomboids  
Trapezius + Elbow Flexors

<b>WEIGHT NO.</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>KG's</b>	7.5	10	12.5	15	17.5	20	25	30	35	40	45	50	55	60	65

<b>WEIGHT NO.</b>	16	17	18	19
<b>KG's</b>	70	75	80	85