

UPRIGHT ROW

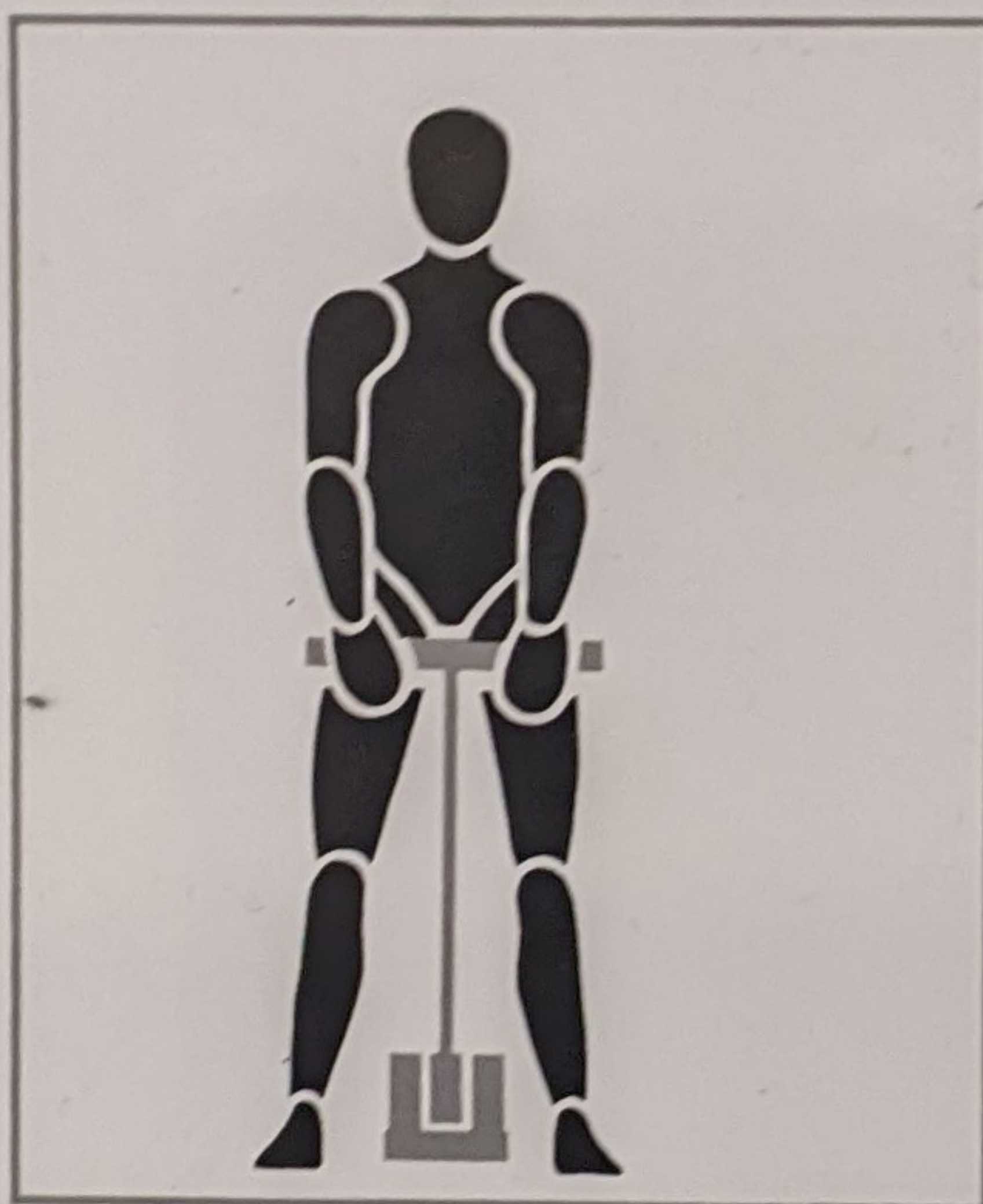
- Select weight
- Stand facing machine feet astride footrests
- feet turned out slightly
- Squat down by bending knees - keeping back straight to pick up the handle
- overgrasp grip • Hold handle with hands about 6" apart - lift bar to chin making sure your elbows remain higher than your hands at all times



Setting Up



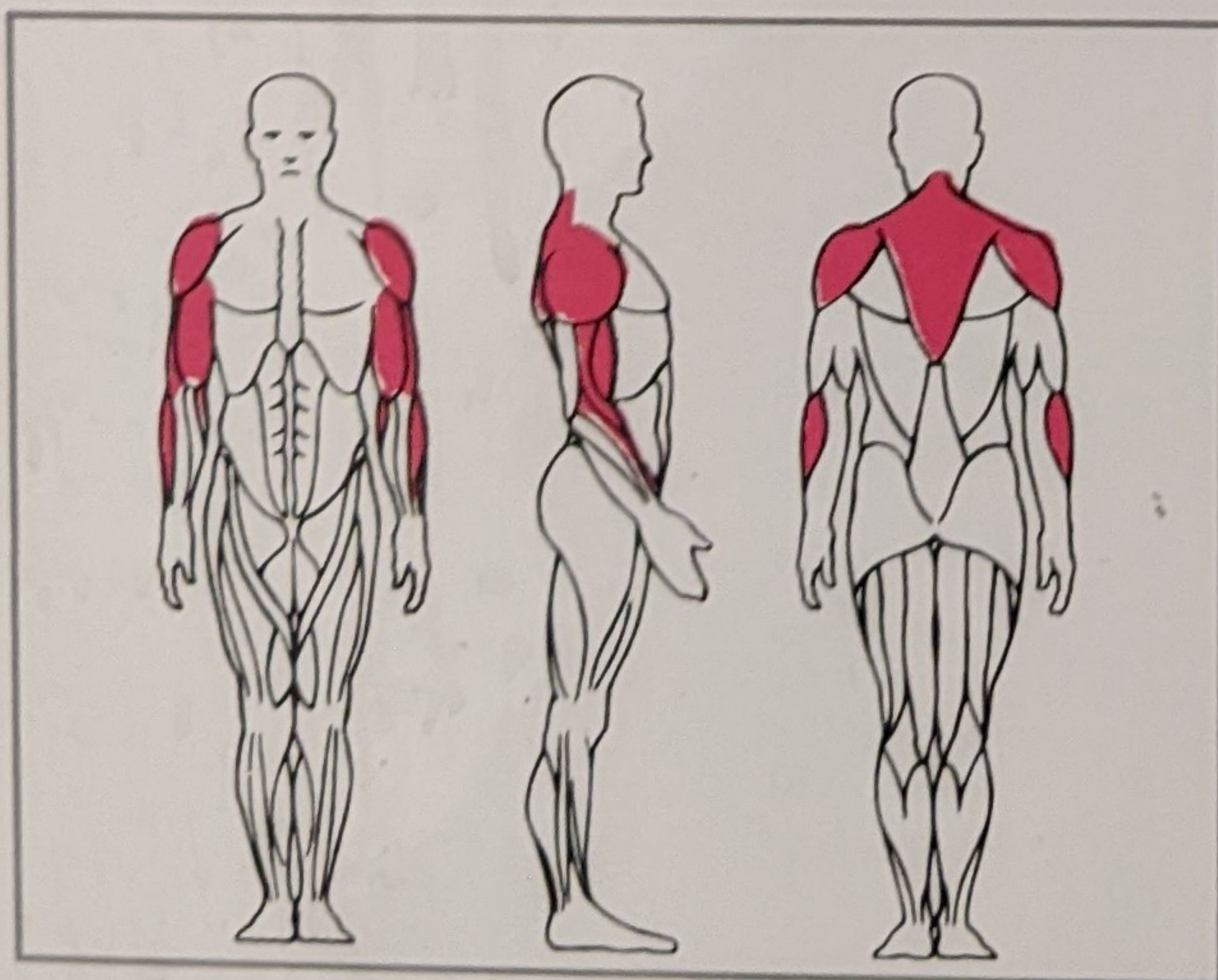
Start



Finish



Muscles Used



Training Tips

- To maintain balance during the movement - the handle and cable should be vertically above the base pulley as you lift
- Retract the shoulders at the top of the movement to maximise the contraction

Muscles Used

Arms/Shoulders (Elevators + Abductors)
Trapezius - Deltoids - Levator Scapulae
- Supraspinatus + Biceps and Forearms

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

WEIGHT NO.	16	17	18	19
KG's	70	75	80	85