

EXERCISE OF THE MONTH

Single-Arm Dumbbell Row

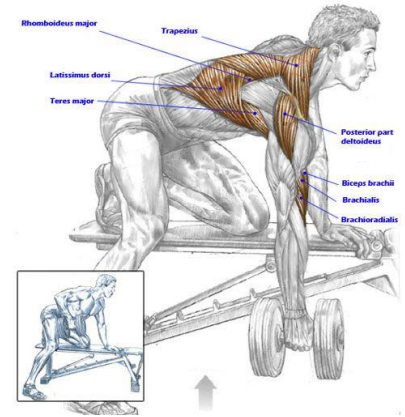
Start Position



End Position



Muscle Groups Exercised



How To Perform

Holding a dumbbell in your right hand, bend over to place your left knee and left hand on a bench to support your body weight. Your left hand should be directly under your shoulder and your knees should be positioned directly under your hips. Straighten your right arm (with the dumbbell) toward the floor. Do not allow your torso to rotate or your shoulder to drop toward the floor.

How To Perform

Pull the resistance straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso stationary. Inhale and gently lower the dumbbell to your starting position. Keep the back straight and strong, abdominals engaged and shoulder blades pulling down and back. Switch sides and repeat again with the other arm.

Coaching Tips

- ✓ Engage your abdominal / core muscles stabilize your spine
- ✓ Perform full range of motion
- ✓ Pull your shoulder blades down and back
- ✓ Do not allow your low back to arch
- ✓ Your back should be straight and strong and your head aligned with your spine

** See your PFT for alternative exercise variations and equipment*