

EXERCISE OF THE MONTH

Seated Row

Start Position



How to Perform

Place your feet firmly on the floor or foot pads to stabilize your body. Sit upright. Engage your abdominal muscles to stabilize your spine. Keep your spine in neutral. Pull your shoulder blades back and down.

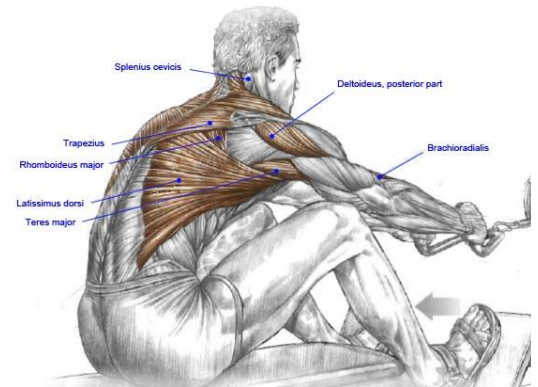
End Position



How to Perform

Bend your elbows and pull your hands toward your ribs. Your elbows should glide close to the sides of your body. Keep the wrists in neutral position. Continue pulling until your elbows pass the sides of your body. Pause briefly. In a slow and controlled manner, straighten your elbows to return to start position.

Muscle Groups Exercised



Coaching Tips

- ✓ Do not lean back or arch your low back.
- ✓ Keep your torso an upright your chest lifted.
- ✓ Engage your abdominal muscles to stabilize your spine.
- ✓ Keep your wrists in line with your forearms (neutral)

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