

Friday, December 19, 2008
My Workout

SUN	MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19	20

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Workout Lab: OR Custom Workouts:

Custom Workout

Seated Row -- Machine

[View Instructions](#)

Warm-Up
Elliptical Trainer

Workout
Barbell Static Lunge
Dumbbell Bench Press
Seated Row -- Machine

Barbell Upright Row
Lat Pulldowns

Recovery
Leg-Up Medicine-Ball Crunch



Equipment

- Seated Row Machine

Muscle Groups

- Back
- Shoulders

Purposes

- Latissimus dorsi ("Wing" muscles) strength
- Upper back strength
- Rear deltoid strength
- Biceps strength

Similar Exercise

- Alternating Lying Row
- Bent-over Row -- Cable
- Cable Standing Row and Pull

Sets	Reps	Distance	Duration
	10		
Tempo	Intensity (% of Max)	Weight Load	Rest Period
Moderate			30 sec

Description

- Seated with your chest against the pad and your arms straight, grab the handles at chest level.
- Stabilize your feet firmly and keep your chest up at all time.
- Keeping the elbows close to your sides, pull the handles back.
- Return slowly forward until your arms are straighten again.

ProTip

- "Pull" the weight with the latissimus dorsi muscles (the "wings")

Mistakes

- Leaning back excessively
- Shrugging the shoulders as you pull the handles
- Bending the wrists as you pull the handles