

Full video instructions for this exercise can be found at: <http://ptpete.co.nz/?p=475>

1 Arm Cable Row

Exercise Purpose:

To strengthen your back muscles, particularly your mid back (Rhomboids and lower trapezius)



Key Points:

- Attach the cable at, or above shoulder height
- Get in the lunge position with your left leg forward
- Whilst holding the cable in your right hand start with your right arm stretched out in front of you
- At the beginning of the 'pull' phase squeeze your right shoulder blade down and in towards the midline and then pull the cable towards you
- Keep your right elbow relatively close to your body and don't let your right shoulder hitch up close to your right ear
- As you pull towards you with your right arm your left arm/hand will reach forward. Some rotation of you mid back at during the transition of each pull is advised
- At the end of the pull phase your right elbow should end up in line or just behind your trunk. Going too far behind you may put too much pressure on your right shoulder joint
- Slowly release back to the starting position once finished.
- Breathe out when you pull in and breathe in as you return

*If you know how to then gently draw in your deep stomach muscles at the beginning of this exercise and keep them drawn in throughout