

# Exercise Spotlight

## Row [Seated, Neutral Grip]

Muscles Worked	- Latissimus Dorsi, Biceps, Erector Spinae, Transverse Abdominis
Benefits	<ul style="list-style-type: none"> <li>- Strengthen the upper body and the muscles along the back, practicing sitting up straight and holding strong posture in a seated position</li> <li>- Improve pulling power and athletic performance by practicing a fundamental horizontal pulling pattern</li> </ul>
Precautions	- The most important thing to remember is to hold strong posture, striving to keep the shoulders drawn back and down, hips in a neutral position, abdominals braced, and knees soft throughout the movement
Instructions	<ul style="list-style-type: none"> <li>- Grasp a V-bar attachment with the arms extended, place your feet on the provided platforms, soften the knees, sit up straight, and pull the attachment in towards the belly button to establish your start position</li> <li>- Inhale as you slowly straighten out your elbows</li> <li>- Exhale as you pull through the latissimus dorsi to return to start position, keeping your elbows close to the body and squeezing the muscles along the back as hard as you can to finish your movement</li> <li>- Repeat for a desired number of sets and repetitions</li> </ul>

Start and Finish

Mid Point

