

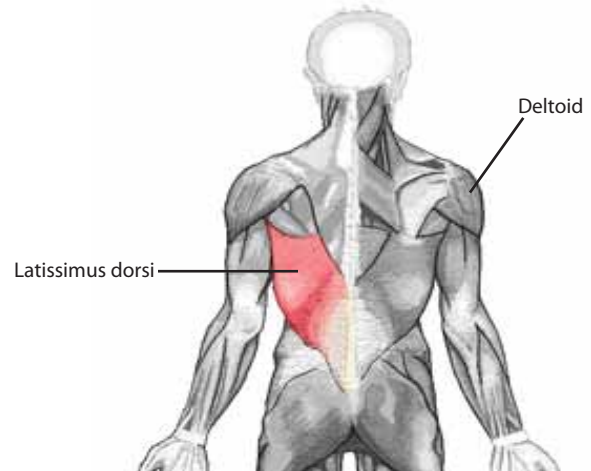
Training Tips

Exercise: One-Arm Dumbbell Row

Muscles worked: Latissimus dorsi, deltoids, biceps, forearms

The one-arm dumbbell row is a fantastic basic back builder that utilizes a long range of movement in its execution. There are other variations of this exercise as well, but be careful to follow all precautions.

For more information on this exercise or for assistance in designing a workout program designed specifically for your needs, contact a personal trainer.



Beginning Body Position:

With a dumbbell lying on the floor, bend over and place one hand on the dumbbell and the other hand on a bench (to support and balance the body). Place the foot, on the side that you are pulling with, a short distance back as opposed to the opposite leg. (See Figure 1.) Turn the foot on that leg so the toes are slightly pointed out. Knees should be bent and in line with toes.

Technique & Execution:

Pull the dumbbell up and into the lower abdominal area. Try to imagine pulling with your elbow. Exhale as you pull. Hold and then slowly lower the dumbbell back down to the starting position. Inhale as you lower the weight.

Exercise Tips and Precautions:

When performing this exercise, it is imperative that you keep the back as straight and flat as possible. DO NOT round the back. This will greatly stress the lower lumbar region. Keep a solid hold of the support bench in order to maintain stability. Also, do not twist the torso as you pull.

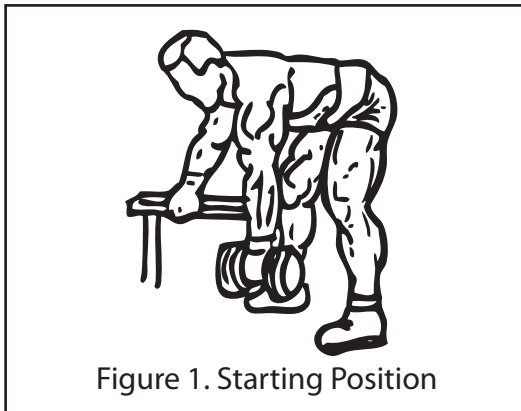


Figure 1. Starting Position

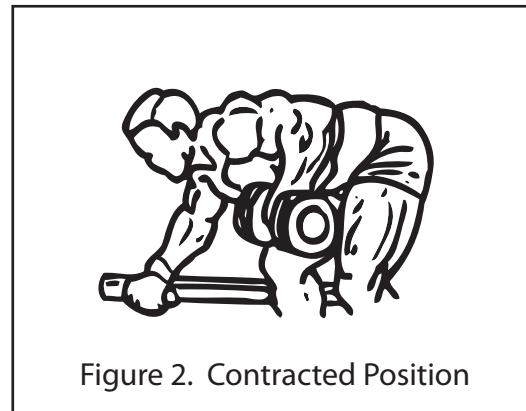


Figure 2. Contracted Position