

# EXERCISE

# Seated Row

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This is a seated row. It's an upper body exercise, primarily working the rear of the upper back, the sides of the shoulders and the biceps.

The client is going to reach forward onto the handle, and then from there, pull the stack away, placing their feet onto the pads and pulling themselves into a strong position. So ideally, we want the bent knee and the shoulder to be just in line with the hip.

From this position, then they take a nice big exhale as they draw the arms to the sides of the body. Brief pause as the hands come to the chest, and then slowly lengthen them.

Coaching points we might need to consider here is making sure that they maintain that postural position and the tempo stays the same throughout. So - quick on the way in - nice drive in with the elbows. Brief pause here, and then slowly lengthen. The shoulder should stay over the tops of the hips and that they're maintaining a nice full posture and tempo of movement. Nice and quick on the way in. Brief pause. So we've got the control of the weight. And then a slowly lengthened position. Say up to two to three seconds.

Just do two more for me, Dom. ... and the last one.

And then when the client's ready to return, they're going to slide their arms forward until the weight stack touches down. Then they place their feet to the floor from there.

# Main Muscles Involved

- Latissimus Dorsi
- Rhomboids
- Trapezius
- Biceps

