

**EXERCISE**

# Single Arm Dumbbell 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 exercise is called a single arm dumbbell row. It's an upper body exercise primarily working the rear of the shoulder biceps, the mid and the upper back.

Once your client is kneeling on the bench, you need to make sure that their hand is underneath their shoulder and the knee is underneath their hip.

So Dom, if you could just move forwards and move your knee back so that your knee is in line with your hips. Perfect.

Once they're in position, ask the client to reach down and grab the dumbbell from the floor and just come to a relaxed position so they don't need to be too stretched on the shoulder or trying to pack the shoulder in.

From here, you're going to ask the client to draw the arm back with their elbow and hand towards their hip - a brief pause at the top, and then lengthen under control to the bottom of the movement.

It's important to note that they are moving their hands towards the hip rather than towards the shoulder, just so that they can effectively work those muscles.

Make sure also that you as the coach, change your body position so that you can see any change of posture, particularly through the back.

Just do one more for me, Dom, and come to a lengthened position.

# Main Muscles Involved

- Lats (latissimus dorsi)
- Trapezius
- Rhomboids
- Rear deltoids
- Core
- Biceps