

EXERCISE

Barbell Bent-Over 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 called a barbell bent-over row. It's an upper body exercise working the whole of the back, the rear of the shoulder, and the biceps.

Once your client is ready to go, ask them to step forward to the bar, taking the hands at shoulder width or to a comfortable position for them, taking the bar up away from the J hooks and then taking one big firm step back.

Once the client is in position, making sure that their shoulders are slightly drawn down and back. The chest is nice and proud.

Once the client is ready, they push their hips and their bum back. So hinging at the hips, sliding the hands down to about knee level, and then allowing the hands to hang just underneath the shoulders, making sure that their back is nice and straight.

From here, we're then going to allow their hands to just gently hang away from their body, and they then pull up and towards their belly button, leading with the elbows.

A brief pause at the top, and then lengthen the arms back just underneath the shoulder.

Make sure that you change your coaching point of view from front to back and side by side so that you can give your client any feedback better. Particularly as we row in, we want to think about the shoulders pulling inwards towards the middle of the back, and we're leading with the elbows up and slightly out the sides. We want a nice confident pause at the top of the movement, so as they pull in towards the belly button, pause and then lengthen. Allow the arm to fully lengthen and stretch.

Just do two more for me, Dom. And last one.

Once the client has come to a finished position, ask them to stand up tall, bringing the bar into the hips, and then stepping forward, placing the bar back onto the J hooks, and then step away from there.

Main Muscles Involved

- Latissimus dorsi
- Middle and lower trapezius
- Rhomboids
- Posterior deltoids

