

EXERCISE

Suspension Trainer 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 Suspension Trainer Row. The muscles worked are the upper and mid back, and the biceps.

A suspension trainer basically is just anywhere that you can attach to a fixed point. We have it here on a wall, but you can use a cable setup or anything of that sort.

Once your client is in a ready position, you're going to have them bring their hands towards their chest and then maintaining a postural position – shoulders and hips through to the knees. Then lower themselves back into position until their arms are nice and straight.

Once there, they're going to then pull out wide with the elbows as they come up to the top in a rowing fashion. Brief pause, and then slowly lower themselves back into position.

It's important to make sure that as they're moving through the movement, they maintain that rigidity through the torso. Also, the emphasis on the shoulders is squeezing at the top. What's great about suspension trainers is that we can change and vary things mid set.

So what I'm going to get my client to do now is change the hand position - nice and close, keeping the elbows tucked. This way we can change the stimulus at any point without any need to change the exercise entirely. And we can also change further still - change the hands to face upwards. So now we're focusing a little bit more on the biceps.

One more for me, Dom. And relax there.

Carefully return to the top, and then relax the hands away.

Give it a go.

Main Muscles Involved

- Upper back
- Mid back
- Biceps

