Title: Seated / Low Cable Back Rows

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Biceps, Shoulders, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Connect a V-bar attachment to the low pulley on a cable station or cable rowing machine.</li>

<li> Sit down at the station and place your feet on the foot pads or crossbar provided, while keeping your knees slightly bent.</li>

<li>Lean forward, keeping your back straight and grip the V-bar handles with both hands.</li>

<li>Keeping your arms fully extended pull back until your torso is at a 90-degree angle from your legs.</li>

<li>Your back should be slightly arched, with your chest should be pushed out. This is the start position.</li>

<li>Keeping your torso stationary, pull the handles back towards you while squeezing your back muscles.</li>

<li>Keep your arms close to your sides until your hands reach your abdomen. Exhale as you perform this movement.</li>

<li>Hold for a count of one.</li>

<li>Inhale as you return to the start position in a smooth movement.</li>

<li>Repeat.</li>

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