Title: Single / One Arm Dumbbell Bench Rows

Primary Muscle Groups: Lower Back, Upper Back &amp; Lower Traps

Secondary Muscle Groups: Abs, Biceps, Shoulders

Summary: <ol>

<li>Place a dumbbell on each side of a flat bench.</li>

<li>Place your right knee on the end of the bench.</li>

<li>Bend your torso from the waist until your upper body is parallel to the floor, while placing your right hand on the bench in front of you for support.</li>

<li>With your left hand, pick up the dumbbell with an overhand grip. The palm of your hand should be facing into you.</li>

<li>Keep your lower back straight. This is the start position.</li>

<li>Using your back muscles, pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side. Exhale as you do so.</li>

<li>At the top of the movement, hold for a count of one and squeeze your back muscles.</li>

<li>Return to the start position inhaling as you do so. Repeat.</li>

<li>Complete all repetitions for one side before switching sides.</li>

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