

Bent Over Dumbbell Row Video Exercise Guide

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Bent Over Dumbbell Row



EXERCISE PROFILE

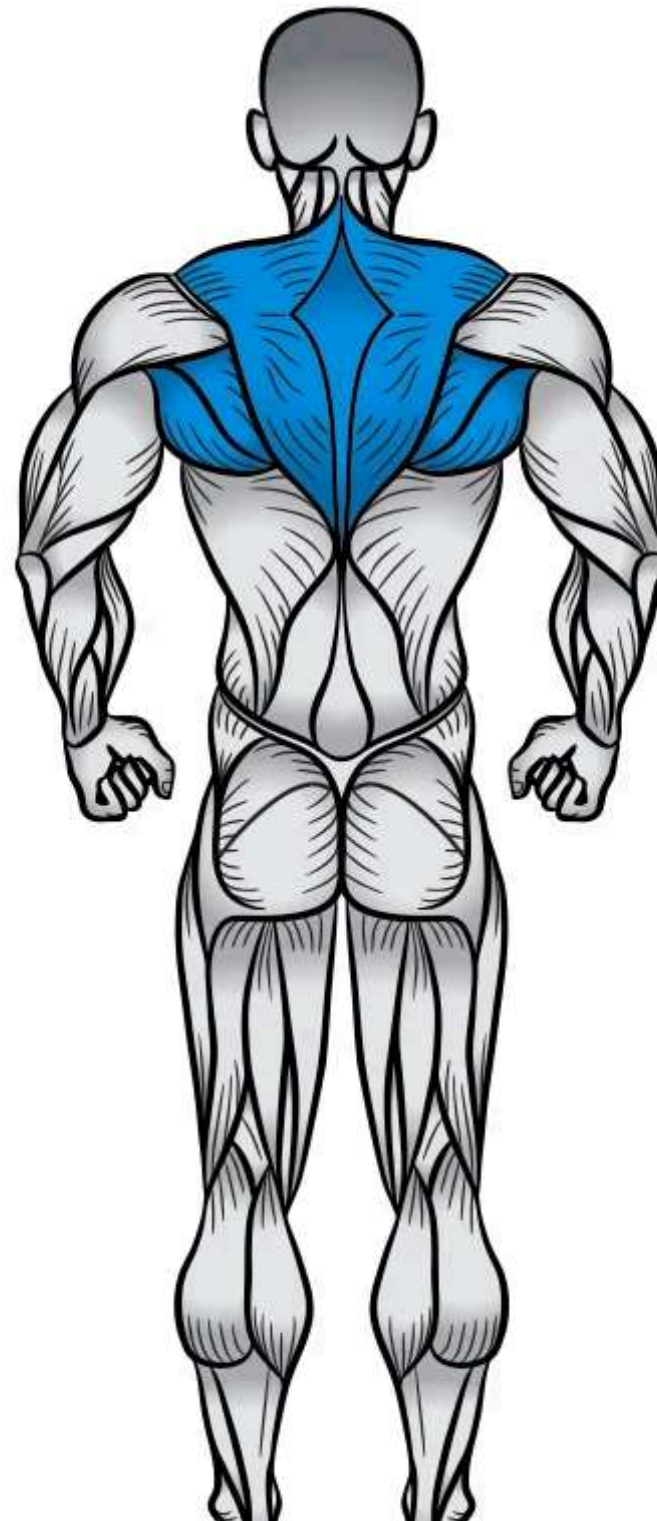
Target Muscle Group

Upper Back

Exercise Type	Strength
Equipment Required	Dumbbell
Mechanics	Compound
Force Type	Pull (Bilateral)
Experience Level	Beginner
Secondary Muscles	Abs, Biceps, Lats, Lower Back, Shoulders

TARGET MUSCLE GROUP

Upper Back





Bent Over Dumbbell Row Overview

The dumbbell row is a variation of the bent over row and an exercise used to build back muscle and strength.

The back is a muscle group that requires a fair amount of variation. So, experiment with several different angles and hand positions to maximize your back muscle growth.

Rows are a foundational movement pattern and are very important to train for balanced muscle growth and strength. So, experiment until you find a rowing variation that you enjoy and work on it.

The dumbbell row can be performed during your back workouts, upper body workouts, pull workouts, and full body workouts.

Bent Over Dumbbell Row Instructions

1. Assume a standing position while holding a dumbbell in each hand with a neutral grip.
2. Hinge forward until your torso is roughly parallel with the floor (or slightly above) and then begin the movement by driving the elbows behind the body while retracting the shoulder blades.
3. Pull the dumbbells towards your body until the elbows are at (or just past) the midline and then slowly lower the dumbbells back to the starting position under control.
4. Repeat for the desired number of repetitions.

Bent Over Dumbbell Row Tips

1. Experiment with head position and see which option (looking forward vs. packing the neck) works better for you.
2. Keep some tone through your abdominals as you pull the dumbbells into your body to ensure you don't arch excessively through your spine.
3. Don't allow momentum to dictate the movement, control the dumbbells throughout the entirety of each rep.
4. If you feel your biceps being overused and your back remaining under active, consider utilizing a false grip (i.e. don't wrap the thumb around the dumbbell).
5. Don't allow the head to jut forward as you pull.
6. Similarly, ensure the shoulder blade moves on the rib cage. Don't lock the shoulder blade down and just move through the glenohumeral joint.