

## Dumbbell single-arm rows



**Targeted area:** Your back and upper arm muscles.

### How to do this exercise:

1. Place your left knee on the end of a sturdy bench and place your left hand palm-down on the bench for balance.
2. With your back parallel to the ground, reach down with your right hand and grab a dumbbell with your palm facing the bench.
3. Slowly bring the dumbbell up to your chest. Squeeze your back and shoulder muscles and slowly straighten your arm to the starting position.
4. Finish 1 set, then switch arms and do 1 set with your right knee and right hand on the bench.