

# Low Row

Begin with your elbow straight and arm in front of your body to 45 degrees.



Pull your arm back towards your body - as you do this focus on pulling your shoulder blade back and down towards your spine. Do not reach back behind your body with your arm.

Hold this position for a few seconds then slowly return to the starting position.

Repeat 10-15 times for 3-5 sets.



## Tips For Success

- Your focus should be on your shoulder blade - think about pulling your arm back with your shoulder blade instead of reaching back with your arm
- Only bring your arm back to your body or just slightly behind - do not reach all the way back