

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

T-BAR ROW

A. Emphasis. The primary muscles stressed in this movement are the muscles in your upper back (latissimus dorsi and rhomboids). The secondary muscles stressed are the shoulders and biceps.

B. Starting Position. Lay on the inclined pad in a position where the top of the pad is in the position as designated by the trainer (adjust the placement of your feet accordingly). Grip the handles in the designated position with your arms extended forward. Push your chest out and pull your shoulders back to help isolate the back muscles.

C. Movement. Pull the handles back to your chest and squeeze your shoulder blades together hard. Take **2 to 3** seconds to return the handles to the extended position.

D. Training Tips.

- 1) Keep your chest out and shoulders back to help isolate the back muscles.

E. Options.

- 1) Most T-Bar rows have two different hand positions, which can be used to vary the area of the back being stressed.

F. Warning Tips.

- 1) **Do not** overextend your shoulders when returning the handles to the extended position. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** excessively arch your back when pulling the handles back. Failure to do so can result in serious injury to your back.
- 3) **Do not** return the handles to the extended position any faster than **2 to 3** seconds. You must be in control at all times when performing this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.