

# Row (Band) Form

**Types (progression):** You can do this exercise double arm, single arm, and with hands facing in, up, and down. This exercise can also be done with elbows at 90 degrees of arm abduction and with arms straight. **Form:** See Details below, but key points. Always breathe. Keep neutral spine alignment (especially lower back) throughout. Brace your abdomen with 20% isometric contraction - this helps stabilize the spine (bracing). Stand with your feet shoulder width apart to engage your core more or tandem if you lack core ability. Start with band slightly under tension at full arms length. Make sure when you are pulling in that you feel the muscles between your shoulder blades being engaged. Pull all the way in.

[SEE DETAILS ON HOW TO DO A ROW.](#)

**Do it Right!**  
**Exercises you Should Do**



**The banded row is one of the best band exercises for the upper body. It helps strengthen lats, rhomboids, and rear rotator cuff muscles (scapular stabilizers) and also works the core.**

**Strengthening scapular stabilizers I feel is essential for good upper health. Rows are also a primary motion (primary motions). As with other primary motions performing them may help reduce muscle imbalances and helps with posture.** I include this exercise in mostly all of my exercise routines including shoulder and neck care programs. Many neck and shoulder issues have roots in poor scapular stabilization (see study). It is another foundation exercise and it should be part of a basic fitness routine or as a warm up for advanced exercisers and athletes. They can be done almost anywhere where there is an anchor point like a door knob or post. They can be done often, even everyday. I would recommend performing them at least 3 x a week for 1 to 3 sets of 10-15 repetitions. There is no excuse. It only takes minutes to do.

**Did you know:** Resistance bands are a great form of resistance training equipment (see article) and despite what you think you can build strength and muscle with them (study). A band exercise program using banded rows, external rotation, and lat putdowns corrected rounded shoulder and forward head posture (see study). Elastic bands were similar to using conventional weight training in a variety of exercises including the banded row (see study-strength and study-body composition). **Many athletes uses bands in their training (see study).** Band training enhances the physical fitness of the elderly and to prevent falls encourages continued participation in exercise and provides positive effects (see study). Yet another study found that band training exerted a significant beneficial effect on muscle mass, muscle quality, and physical function in older women with sarcopenic obesity (see study).