

Do it Right!
Exercises you Should Do

Row Handle Rows



Performing a row with a rotational trainer and row attachment can be a valuable inclusion in your strength and bodybuilding workout regimen. To ensure safety and form, adhere to these steps:

1. Set Up:

- Securely anchor and stabilize the rotational trainer.
- Attach a long bar to the rotational trainer.
- Add a light amount of weight to the open end as a starting point.

2. Grip and Stance:

- Stand facing away from the rotational trainer with feet shoulder-width apart.
- Position the row- bar around the bar just after the weight attachment lip. Grip the T-bar handles with an overhand grip (palms facing you).

3. Starting Position:

- Hinge at hips and knees, maintaining a straight, neutral lower back.
- Let the T-bar attachment hang in front, arms fully extended.

4. Execution:

- Initiate by pulling the T-bar attachment toward your lower abdomen, keeping elbows close to your body. Visualize squeezing shoulder blades together.
- While pulling, focus on engaging back muscles, especially lats and mid-back.
- Keep core engaged and maintain stance stability.

5. Peak Contraction:

- When the T-bar is close to your lower abdomen, briefly squeeze back muscles at the top of the movement.

6. Return:

- Slowly lower the T-bar attachment back while maintaining control. Allow back muscles to stretch as arms extend.

7. Breathing:

- Inhale when lowering the T-bar attachment.
- Exhale as you pull and rotate the attachment, if applicable.
- suitability for your fitness level.

In the context of building mass and strength of the middle and lower back, the T-bar row is arguably one of the more optimal choices. While it does not recruit the biceps as much as other row exercises, it makes up for it by being better at hitting the trapezius and lats.

Safety Tips:

- Begin with light resistance to acclimate to the movement and establish proper form.
- Avoid jerking motions or excessive momentum to prevent injury.
- Engage your core to protect the lower back.
- If new to the exercise, consider having a spotter or fitness professional guide you.
- Prioritize safety and form. Consult a fitness professional if unsure about technique or