ONE-ARM DUMBBELL ROW
(CON–ECC, EE, or SUP)

STARTING POSITION

1. Hold a dumbbell in one hand.
2. Kneel on the bench with the arm and leg opposite of the hand holding the dumbbell.
3. Keep your torso and back firmly in place.
4. While kneeling on the bench, let the dumbbell hang down toward the ground.

9.3a Starting position for the one-arm dumbbell row.

TRAINER RECOMMENDATIONS

- Observe the client from the side. Be sure that she or he has a flat back, or the person's normal neutral spine.
- Remind the client to focus on pulling the weight with his or her back muscles rather than the biceps.