



VIDEO 9.3

See online video 9.3 for the CON-ECC, EE, and SUP methods of the one-arm dumbbell row.

9.3

EXERCISE MOTION

1. Maintaining a supported back, pull the dumbbell up toward the middle of your abdomen.
2. Pause at the top of the movement, then slowly lower the weight back to the starting position.



9.3b Ending position for the one-arm dumbbell row.

PERFORMANCE IMPROVEMENT TIPS

- Focus on contracting your latissimus dorsi muscles on every repetition.
- Keep your back flat and your core tight.
- Emphasize the stretch in your latissimus dorsi during the lowering phase of the movement.