

Personal Training by Robert J. Bovee

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VERTICAL LEVER 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. Adjust the seat and chest pad to the position designated by the trainer. Grip the handle in the assigned position with your arms extended forward. Push your chest forward and pull your shoulders back to help isolate the back muscles. Keep your feet flat on the floor.

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

D. Training Tips.

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

E. Options.

- 1) Some vertical row machines have two different hand positions. These can be used to vary the area of the back being stressed.

F. Warning Tips.

- 1) **Do not** overextend your shoulders when returning the handle 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 handle back, Failure to do so can result in serious injury to your back.
- 3) **Do not** curl your wrists as you pull the handle back. This can cause an injury to your wrists.
- 4) **Do not** return the handle to the extended position any faster than **2** to **3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.