

HIGH ROWS

TT04

DIRECTIONS:

Stand or sit facing the anchor. Keeping the upper back erect, exhale while you pull both elbows back as far and as high as possible – hands splitting the CHIN. Inhale while returning to the starting position. Repeat 10+ times.

IMAGERY

Visualize HORIZONTALLY arching your back during ROWS. Make the chest as wide as possible by pulling both shoulder blades back with elbows as wide and high as possible. Some call it pinching your shoulder blades together. VERTICAL arching of the spine was the emphasis in the 3 previous thorax exercises - Axes, Hammers n Pistols.

BENEFITS:

HIGH ROWS are a common strength and conditioning exercise practiced in the gym for upper back development. **HIGH ROWS** develop the muscles of the middle and upper back medically known as rhomboids, trapezius and latissimus dorsi.

HIGH ROWS technically speaking are scapular retraction of the shoulder blades.