

## LOW ROWS

TT05

### DIRECTIONS:

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

### BENEFITS:

**LOW ROWS** use a different decline angle than **HIGH ROWS** to recruit and develop a different section of the muscles of the middle and upper back (rhomboids, trapezius and latissimus dorsi). Rows help create a V shape in the upper back while making the waist look smaller 😊

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The rhomboids are key muscles in the mid/upper back that squeeze the shoulder blades together and provide stability for the shoulder complex. They are very important postural muscles that tend to become weak due to the prolonged amount of time people spend in seated positions.

The trapezius and pectorals are muscle balance partners - 2 traps on the back matching the 2 pecs on the front. Weak trap muscles cause slouching. Strong traps lift the chest and pull the shoulders upwards and back to maintain proper posture. Many people develop pain in their trapezius muscles due to stress. As the traps are located on each side of the neck, pain and stiffness can result in a limited range of motion for the shoulders and neck. Exercises such as rows and shrugs along with self-massage can help relieve the “trapped” tension.

The latissimus dorsi is used almost entirely to move the shoulder. Therefore, the benefit of having “strong lats” translates into tons of functional strength for upper body movement in everyday activities.