One-Arm Dumbbell Row

Starting Position

• Stand on the right side of a flat bench and grasp a single dumbbell with the right hand.
• Use a pronated grip (palm facing the bench).
• Place the left knee on the bench and the left hand toward the head of the bench.
• Bend over so the torso is parallel to the floor and allow the dumbbell to hang over the right side of the bench, almost touching the floor.
• Emphasize a stretching of the latissimus dorsi.

The Lift

• Raise the dumbbell to the chest by lifting the elbow upward and bending the arm.
• After the dumbbell reaches the chest, slowly lower it to the starting position.
• Exhale while bringing the dumbbell up, inhale upon lowering.
• Repeat for the desired number of repetitions, then switch positions to exercise the opposite arm.

Muscles Worked
Latissimus dorsi, arm flexors.
Split Lunges or Flying Lunges (dumbbells)

Starting Position
- Grip dumbbells with a pronated grip (palms facing the body).
- Stand up straight, with arms hanging at the sides.
- Take a step forward, approximately 2 to 3 feet, and assume a lunging position.
- Keep the upper body vertical.
- The front knee should be bent as much as is comfortable and will allow you to do the exercise.
- The rear leg is slightly bent and supported on the toes.
- Arms remain straight.

The Lift
- Straighten both legs and propel the body upward.
- While in the air, "scissor" the legs so that upon landing the front leg is in the position that the back started in, and vice versa.
- Continue this movement until the desired number of reps is reached.

Muscles Worked
Extensors of the hip, leg, and ankles.

Safety Instructions
In the early learning stages this lift should be practiced without the dumbbells so the movement can be easily mastered. A spotter may be used during early workouts with this exercise to help the athlete maintain balance. Athletes should be cautioned to remain in control at all times. Proper technique is more important than the amount of weight lifted.

Exercise Variation
This exercise can also be done with a barbell. It is recommended that the dumbbell variety be done first to learn the motion and balance. ▲