T-Bar Rowing

Starting Position
- Place feet on platforms of the special T-row apparatus.
- Grasp the handles with the desired grip.
- Knees should be slightly bent, with back flat and shoulders higher than hips.
- Arms and latissimus dorsi should be relaxed in order to begin from a fully extended position.

The Exercise
- Contract the latissimus dorsi and flex the elbows to pull the T-Bar toward the chest.
- Pull the bar as high as possible, then slowly lower it to the starting position.

Muscles Used
Latissimus dorsi, elbow flexors, posterior deltoids.

Variations
The width of the grip may be varied to change the influence of the exercise on the arm flexors and the latissimus. A narrow grip places more emphasis on the arm flexors; a wide grip affects the latissimus.
**Muscle Snatch**

**Starting Position**
- Stand with feet shoulder-width apart and placed under the barbell so that the bar is directly over the balls of the feet.
- With the back flat, bend at the waist, knees, and ankles until the bar is grasped with a wide, pronated grip (snatch grip).
- Balance on the front part of the foot, with the shoulders slightly in front of the bar and arms straight.

**The Exercise**
- Lift the barbell upward by extending the knees.
- As the bar passes the knees, bring the hips forward and upward as in the snatch or power snatch lift.
- However, unlike the snatch, do not rebend the knees to catch the bar overhead.
- Instead, pull the bar as high as possible, keeping the elbows over the wrists, then rapidly rotate the elbows under the bar.
- Make sure the height of the pull is approximately at upper chest or shoulder level.
- With elbows under the bar, the pressing muscles of the arms and shoulders provide the force to complete lifting the bar to its final position overhead.
- Try to have the transition from pull to push be as smooth as possible. This exercise is not a wide-grip power clean and press.
- Use the momentum of the pull to start the press overhead.

**Note**
It is usually best to teach this exercise after teaching the basic power snatch. It is an excellent warm-up or variation for snatch training. Athletes should stretch and warm up the wrists, forearms, elbows, and shoulders before doing this exercise. Emphasize light weight so that this movement can be performed effectively.