Horizontal Row & Dumbbell/Weight Swing

Kyle Pierce, EdD, CSCS
USA Weightlifting Development Center
Shreveport, Louisiana

--- Basic ---

- Horizontal Row (Cable Row)

**Starting Position**
- Sit facing the pulley device/machine.
- Place feet on the machine frame or foot supports.
- Keep knees slightly flexed.
- Grasp bar or handles with a closed grip.
- Lean forward and let the latissimus muscles relax with elbows fully extended.

**The Exercise**
- Begin by extending the torso until perpendicular to the floor, with the back held flat.
- Pull bar or handle toward the chest or upper abdominals.
- Fully contract the latissimus dorsi.
- Keep the elbows close to the side.
- Return under control to the starting position and repeat.

**Muscles Used**
Latissimus dorsi, posterior deltoid, elbow flexors.

© 1998 National Strength & Conditioning Association
Dumbbell/Weight Swing

Starting Position
- Hold a dumbbell or weight plates with both hands, with arms hanging straight down.
- While standing, bend the knees and the ankles, lowering the hips 4 to 6 in. and keeping the arms straight.
- Lean the torso forward slightly, shoulders over knees, positioning the weight between the legs.

The Exercise
- Extend torso and legs upward, swinging the weight in a semi-circular motion overhead and keeping the arms straight.
- Lower the weight to the starting position following the same path and repeat.

Muscles Used
Spinal erectors, deltoids, leg and hip extensors.

Drawings by
Jim Seward