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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Exercise The Right Way – The Seated Row

By Rick Mitchell

Exercise The Right Way – The Seated Row by Rick Mitchell

In this article we'll take a close look at the seated row using a machine.

MUSCLES TARGETED: latissimus dorsi, teres major, middle trapezius, rhomboids

PREPARATION

Grasp the handles with a closed, pronated grip.

STARTING POSITION

BACKWARD MOVEMENT

FORWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Exercise the right way – seated pulley rows

By Rick Mitchell

Exercise the right way – seated pulley rows by Rick Mitchell

In this article we'll take a close look at Seated Pulley Rows.

Exercise The Right Way – The Seated Row

MUSCLES TARGETED: latissimus dorsi, trapezius, rhomboids, erector spinae

STARTING POSITION

EXERCISE TECHNIQUE

OTHER EXERCISES WORTH CONSIDERING

Bodybuilding Exercises

to learn

more about the issues covered in this article.



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