

Exercise the right way – one–arm dumbbell rows

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By Rick Mitchell

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In this article we'll take a close look at One–Arm Dumbbell Rows.

MUSCLES TARGETED: latissimus dorsi, trapezius (mid), biceps brachialis

STARTING POSITION

EXERCISE TECHNIQUE

OTHER EXERCISES WORTH CONSIDERING

Bodybuilding Exercises

to learn

more about the issues covered in this article.

Increase Your Training Intensity – Pre–Exhaustion

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Examples of pre–exhaust routines commonly performed by bodybuilders are listed below:

Biceps – barbell curls and close–grip, palms–up pulldowns.

Triceps – pressdowns and dips.

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Pectorals – flyes and bench presses.

Lats – dumbbell pullovers and barbell rows.

Deltoids – dumbbell laterals and presses behind neck.

Traps – shrugs and upright rows.

Thighs – leg extensions and squats.

Bodybuilding Advice

to learn

more about the issues covered in this article.



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