

Exercise the right way – seated pulley rows

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Exercise the right way – seated pulley rows

By Rick Mitchell

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

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.

Back Exercises For Beginning Bodybuilders

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- Thickness of the upper back (traps).
- Wide lats.
- Highly defined lower back (spinal erectors and lower lats).

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As a beginner there are five essential exercises for developing these muscles quickly:

1. Dumbbell shrugs – 3 sets of 10–15 reps. This exercise will develop the traps.
2. Seated V–bar cable rows – 3 sets of 10–15 reps. This exercise will develop the mid upper back.
3. Bent over barbell rows – 3 sets of 10–15 reps. This exercise will add thickness to the upper back.
4. Pullups – Aim for 25 reps. This exercise will strengthen the entire back.
5. Pulldowns – 3 sets of 10–15 reps. This exercise will define the lats.

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

Bodybuilding Advice

to learn

more about the issues covered in this article.

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