

Your Exercise Routine: Seated Row

This next exercise is called a Seated Row. It is designed to exercise and strengthen the muscles in your back that support and protect your posture. Most seated row machines are configured similar to what you see here with handles in front that you're going to pick up and pull.

Some seated row machines however, will have a pad in front of your chest that you lean your chest up against before you pick up the handles and pull.

We're going to select the level of resistance for this exercise that's going to be enough that we feel the back muscles working as we do the exercise, and we're strengthening, but it's not so much that we can't complete 10 to 12 repetitions while maintaining good form.

Now, to do this exercise properly, you're going to put your feet up on the pads, the foot pads, and then you're going to reach forward and grab the handles and sit straight up, really straight. Your shoulder blades are back and down, belly button in.

Now, what you're going to do is draw your arms backward, squeezing your shoulder blades back, and then extend the arms forward. Take it back and squeeze, and then bring the arms forward.

Focus in the back specifically on squeezing the shoulder blades back together. And then extend the arms forward, without letting the handles pull your shoulder blades out of place.

You want to maintain the shoulder blades in position. Shoulders back, your shoulder blades back, arms are extended.

As you do the exercise, you want to make sure that you're not leaning back as you pull, or leaning forward as the arms come forward. You want to maintain a completely straight posture up and down.

As with our other exercises, you're going to complete 10 to 12 repetitions, take a break, and then do 10 to 12 additional repetitions.

Let's do two more. This is your last one. Very good. You can place that down. Good job!