



2-ARM DUMBBELL ROW



START POSITION – Lie face down on an inclined utility bench with your chest at the top of the bench and feet shoulder width apart supporting your body. Hold a dumbbell in each hand with arms extended toward the ground directly below chest level.

THE MOVEMENT – Keeping your elbows close to your body, pull the dumbbells up to the sides of your chest as high as possible. Your elbows will move up and back in order to get the dumbbells to chest level. Once the dumbbells are all the way up, lower them under control back to the start position until your arms are completely extended again. Keep your upper body flat against the bench through the entire movement. Perform all repetitions in this manner.