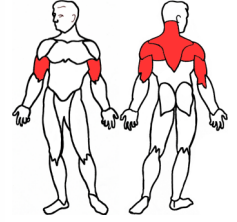


## Bench row ER 03702



### Tips

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Lean on an incline bench with the legs & torso supported. The angle of the bench can vary, targeting different aspects of the back & shoulder muscles.

Hold the dumbbells with a pronated grip & keep the wrists in a neutral position.

Raise the elbows until they are in line with the shoulders then externally rotate the shoulders while keeping the elbows in the same position. Reverse the movements back to the start position.

### Cautions

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Ensure that the neck remains in line with the spine & do not try to raise the arms too high.

Do not allow the elbow to rise up or down as the shoulder rotates.

### Prime Movers

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[Biceps brachii](#)  
[Deltoid-posterior](#)  
[Infraspinatus](#)  
[Teres minor](#)

[Rhomboides major](#)  
[Trapezius-middle](#)  
[Triceps brachii](#)  
[Rhomboides minor](#)

### Related Exercises

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[Single arm bench row ER 00544](#)  
[Bench row ER shoulder press 00546](#)

### Disclaimer

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No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.