**Iso-Lateral High Row**

**Start**

**Finish**

**Muscles Exercised** – Latissimus Dorsi, Rhomboids, Posterior Deltoids, Biceps

**Setup**

Adjust the seat so that when you pull down your hands are at the bottom of your chest

**Performing the Exercise**

1. Grasp the handles with an overhand grip and pull down and back until handles are at seat level. Try to keep your chest on the pad.

2. Maintain good posture through the full movement

3. Slowly return to starting position.