Muscles Exercised – Biceps, Posterior Deltoid, Rhomboids, Latissimus Dorsi

Setup
Adjust the amount of weight you want to raise on each side. Adjust the seat height to align the end of the handgrips with the center of the chest.

Performing Exercise

1- Grip the handle and pull until handles are at seat level.
2- Pull elbows straight back as you pinch your shoulder blades together.
3- Maintain good posture through the full movement.
4- Slowly return to the starting position.