**SIGNATURE SERIES ROW REAR DELTOID (FZRW)**

**Muscles Exercised** – Latissimus Dorsi, Trapezius, Rhomboids, Teres Major and Minor, Posterior Deltoids and Biceps

**Setup**
Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the floor, adjust the chest pad position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the desired handles and position body with head and chest-up.

*NOTE: The upper handles focus primarily on the Posterior Deltoid and upper back muscles. The lower handles focus primarily on the Latissimus Dorsi and middle back muscles.*

**Performing the Exercise**
Stabilize the body in position, pressing feet firmly on floor, preventing excessive pressure on the chest pad. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

*TIP: While performing the exercise with any of the handles, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.*

*TIP: When performing rear deltoid exercise, tip elbows up so they are parallel with floor*