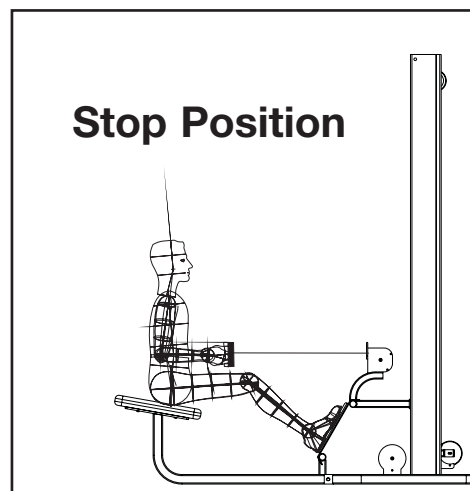
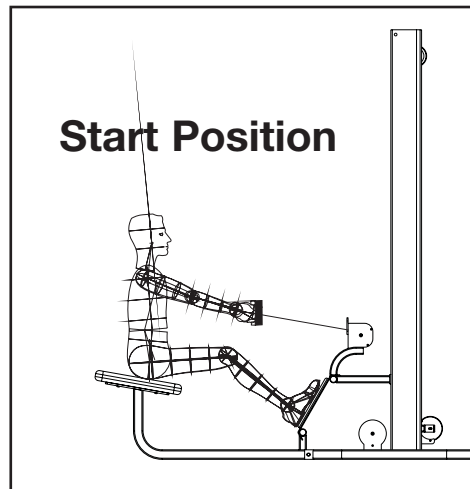


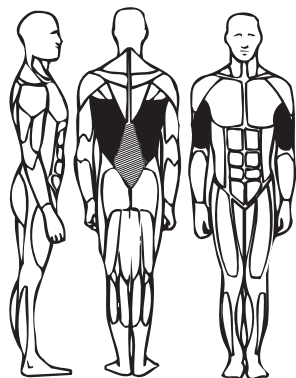
**5651/5302 - Modular Low Row**

1. Select appropriate resistance.
2. Grasp handle and position feet securely on foot plate.
3. Position yourself comfortably on seat and maintain a slight bend in the knees.
4. Throughout the exercise keep back straight and upright.
5. Lift/lower resistance with smooth, controlled movements.

**NOTE:** For optimum performance and safety, avoid excessive bending of spine during exercise.



**MUSCLES TRAINED**



**Primary - Biceps and Latissimus Dorsi**

**Secondary - Erector Spinae**