


## Vertical Rowing Machine Mounted Chart– CT072

<p><b>Description</b></p>	<p>◆ This chart shows how to do the exercise as well as illustrating the major muscle groups that work during the Vertical Rowing exercise. Each exercise position is supported with instructional information together with advice on breathing during the vertical rowing movement. This helps to reinforce good coaching by the Gym Instructor. The A5 size is ideal for fixing on to your training machine.</p>
<p><b>Details</b></p>	<p>1. Dimension: A5 Size</p>
<p><b>Image</b></p>	 <p><b>VERTICAL ROWING</b></p> <p><b>STRENGTHENS SHOULDER, UPPER BACK AND ARM MUSCLES</b></p> <p><b>START POSITION</b></p> <ul style="list-style-type: none"> <li>● Place feet shoulder width apart, extend the arms grasping bar with an overhand grip 4' apart.</li> <li>● Keep back straight, elbows close to side, eyes looking forward.</li> </ul> <p>● Warm up and start with a light weight. ● As you pull the bar up to your chin breathe IN. As you lower the bar to the start position breathe OUT.</p> <p><b>POSITION TWO</b></p> <ul style="list-style-type: none"> <li>● Gripping firmly raise the bar towards the chest with elbows high.</li> <li>● Keep the back straight.</li> </ul> <p><i>The Deltoid, Supraspinatus, Elbow Flexors, (Biceps Brachii and Brachialis) and Upper Fibres of Trapezius are responsible for performing this exercise.</i></p> <p><b>POSITION THREE</b></p> <ul style="list-style-type: none"> <li>● Continue raising bar up to chin until elbows are level with shoulders.</li> <li>● Return slowly to the count of 2/3 to start position, fully extending arms with back straight and body erect.</li> </ul> <p><b>MUSCLES in the FRONT of SHOULDER and UPPER ARM</b></p> <p><b>MUSCLES in the BACK OF SHOULDER</b></p> <p><i>Stay Healthy...Keep Fit</i></p>