

KEY POINTS FOR A SAFE AND EFFECTIVE ROW

1. Exercises to be avoided

Avoid performing freestanding bent-over rows because such exercises place high loads on your lumbar spine.²



Freestanding Bent-over Row (to be avoided)

Weight Training Tip

Although it is impossible for us to demonstrate all the weight-training exercises that will predispose you to injury, we hope that if you study this book, you will acquire the ability to determine what is safe and what is not.
