

## 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.<sup>2</sup>



Freestanding Bent-over Row (to be avoided)

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### 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.*

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