

by CNS

The moves: Performing a bent-over row with the knees on an exercise ball.

ADVANCED CLASS - In an advanced exercise for the rhomboid and posterior deltoid muscles, firefighter Piper Denlinger performs bent-over rows with a dumbbell while kneeling on a stability ball and holding onto a bench. CNS Photo by Nadia Borowski Scott. Works on: Rowing arm: rhomboid, posterior deltoid, biceps strength. Stabilizing arm: pectoral and anterior deltoid strength. Trunk: Core stabilization.

Setup: Face the end of a flat bench. Hold a dumbbell in your left hand and place the right hand on the bench. Tighten the abdominals to keep the back flat and firm the right arm while you kneel one leg at a time on top of an exercise ball.

Steps: Keep the head in line with the torso and keep the abdominals tight to support the flat back position. Perform a bent-over row by first squeezing the left shoulder blade toward the spine. Pull the elbow straight up toward the ceiling, keeping the elbow within a few inches to the side of the torso. The row is complete when the dumbbell touches the side of the chest.

Repetitions: Three sets of 10 to 12 each arm.

Precautions: This is a difficult exercise to coordinate and is not for everyone.

Options: For beginners, have one leg on the ground and slowly transfer more weight to the leg that is on the ball. Progress to just getting into and holding the position first. As your ability improves, incorporate the rowing motion as tolerated.

*Fitness Forum: Advanced move works the shoulders, upper arms by CNS*