

# Move of the Month

## Seated Cable Narrow Row

### Starting Position

1. Attach the triangle attachment to the cable(s) and select the desired amount of weight on the weight stack.
2. Place your feet against the foot rests, bend your knees, and hinge forward from your hips to grab the triangle attachment.
3. Sit upright with a slight bend in your knees, core muscles contracted, and shoulder blades pulled down and back.



### Exercise Execution

1. Maintaining good, neutral posture, pull the triangle attachment to your chest, keeping your elbows close to your sides.
2. Contract your back muscles and slowly return to the starting position without allowing your shoulders to round forward.
3. Repeat to fatigue and carefully allow the weight stack to lower.
4. Rest and repeat additional set(s) if desired.

