Exercise technique

Bent-over Pilates bar row

Pilates-kit variation / 8-12



START / arms extended **FINISH / bar at low ribs**

GRIP / Overhand / pronated grip

SETUP / Secure one foot loop under each shoe arch, with two matching tubes to each bar end.

MOVE / Hold the hip hinge and draw the bar toward the lower ribs; keep the shoulders down.

RETURN / Extend the arms slowly without changing the torso angle.

MAIN / RED
Latissimus dorsi draws the upper arms back toward the trunk.

SECONDARY / BLUE
Rhomboids, rear deltoids and elbow flexors assist the row.

SUPPORT / GREEN
Abdominals and hip muscles hold the hinge while both feet stay planted.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS