# Exercise technique

## Floor-seated Pilates bar row

**Pilates-kit variation / 8-12**



**START / arms forward** **FINISH / controlled row**

**GRIP / Overhand / pronated grip**

SETUP / Sit tall with soft knees; secure foot loops at both arches and match the tube pairs.

MOVE / Draw the bar toward the low ribs without rounding or leaning back.

RETURN / Extend the arms slowly toward the feet, keeping the spine comfortably upright.

**MAIN / RED**
Latissimus dorsi draws the upper arms back during the pull.

**SECONDARY / BLUE**
Rear deltoids, rhomboids and elbow flexors guide the bar toward the torso.

**SUPPORT / GREEN**
Abdominal muscles steady the seated trunk; the pelvis and legs provide support.

**PILATES KIT / MATCHED LEFT AND RIGHT PAIRS**