Exercise technique

PLYOSOFT box-supported one-arm row

8-12 each side



START / softly extended arm

FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

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

SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

RESISTANCE BANDS