



STANDING CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



STANDING CABLE PULL-OVER
 • Pull the handle over your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your head, then lower it back down.



SEATED CABLE PULL-OVER
 • Pull the handle over your head.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your head, then lower it back down.



LYING CABLE ROW
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE ROW (ONE ARM)
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



LYING CABLE ROW (ONE ARM)
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



SEATED CABLE ROW (TWO ARMS)
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
 • Pull the handle up towards your chest, then lower it back down.



LYING CABLE ROW (TWO ARMS)
 • Pull the handle towards your chest.
 • Keep your feet flat on the floor.
 • Keep your back straight and your core engaged.
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STANDING CABLE ROW (ONE ARM)
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Marcy Diamond Elite Workout Manual

Alexander Stillwell, Matthew Bennett

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