

# TRX Inverted Row



**Description:** Hang TRX from a rack or other stable object. Grasp handles and position yourself facing the TRX. Body should be in a straight line from heels to crown of head with arms fully extended. This is the starting position. Begin by bending the elbows, pulling your chest to your hands. Squeeze shoulder blades as you perform the movement. Pause at the top of the motion, and slowly return to the start position. Repeat.

**\*\*Tip:** This is not an arm workout; focus on squeezing shoulder blades together when bringing chest to handles to work the correct muscle group. Keep elbows close to sides without winging the arm.

**Sets/reps:** 10-12 reps for 3 sets.

**Modifications:** Try this exercise on the smith machine, using the bar as leverage. Bring body closer to the ground in the starting position to increase difficulty of exercise.

**Common Mistakes:** Flaring the elbows, losing alignment from head to heel.

**Target Muscles:** Upper and lower trap and rhomboids.

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*