EXERCISE GUIDE

# Supported dumbbell row

Watch a single-arm row, then check your session for the weight, sets, repetitions and rest.

| LEVEL | EQUIPMENT | SETTING |
| --- | --- | --- |
| Intermediate | Dumbbell and stable bench | Home or gym |

## How to do the row

1. **Set up your support**
   Rest one hand and the knee on the same side on a stable bench. Keep your other foot on the floor and hinge at the hips.

2. **Draw the dumbbell towards your hip**
   Bring your elbow back close to your body. Keep your hips and shoulders facing the same direction.

3. **Lower with control**
   Slowly straighten your arm and lower the dumbbell. Keep your torso steady throughout the movement.

## Watch the demonstration

PureGym shows the bench-supported variation in its video, How To Do Single Arm Dumbbell Rows.

Watch in the Entrena demo

Watch on YouTube

Guide by Sergio Dolz. Exercise video by PureGym (original source).

USING ENTRENA

# From the demo to your session

1

## Read the exercise sheet

Check the level, equipment and steps. Use the linked video as a technique reference.

2

## Check the session notes

Look up the sets, repetitions and rest in the session you choose. This general example shows the format.

3

## Keep the guide handy

Save this PDF to your phone. Follow the links to the demo or read how to add Entrena to your home screen.

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If the movement causes pain, stop and ask for guidance.