

Dumbbell Bent-over Row

Standing two-arm row with neutral grips

Key positions



1. Lower position: hinge and let both arms hang



2. Hold the posture and row both elbows back

Muscles worked

Main muscles

- Latissimus dorsi draws the upper arms back toward the body.
- Rhomboids and middle trapezius retract and control the shoulder blades.

Supporting muscles

- Rear deltoids and elbow flexors, including biceps, assist the pull.
- Forearm and hand muscles maintain the grips.
- Abdominals, spinal extensors, glutes and hamstrings help hold the hinged posture.

What makes it useful

Hinge forward and row both dumbbells toward your sides. Control each weight independently while practicing the back pull and maintaining a steady hinged posture.

Movement & technique

Dumbbell Bent-over Row | Hold the hinge, row both elbows back, and lower with control.

Before you start

Use a stable floor and two dumbbells you can control. Leave clear space around your legs and weights, and begin without relying on momentum to lift.

1 Establish stance and grips

Stand with feet comfortably apart and planted. Hold one dumbbell in each hand, palms facing each other and thumbs wrapped. Keep wrists aligned and gently brace your trunk.

2 Hinge into position

Soften the knees and hinge at the hips, keeping head and spine naturally aligned. Let the arms hang below the shoulders; choose a torso angle you can maintain.

3 Row both elbows back

Exhale and bend both elbows back, bringing the dumbbells toward your sides near the waist. Allow natural shoulder-blade motion without shrugging, swinging or lifting your torso upright.

4 Lower while maintaining the hinge

Inhale and slowly extend the arms to the lower position, keeping the hinge and grips steady. Avoid dropping the weights; finish by setting them down with controlled hip and knee bending.

Form reminders

- Choose a stable stance and hinge angle; do not force a parallel torso or fixed knee angle.
- Keep wrists aligned and move each dumbbell with its hand, clear of the legs and torso.
- Avoid excessive back arching, a rising torso or swinging weights to complete the pull.
- Let the shoulder blades move naturally; avoid rigid squeezing or forcing the elbows too far back.

Finish safely

- Stop for back, neck, shoulder, elbow or wrist pain or dizziness. Reduce weight or range and seek coaching if posture or grip breaks down.
- Control pickup and set-down, avoid prolonged breath-holding, and keep weights clear of feet and floor. Do not jerk upright to finish repetitions.

References

1. ACE - Bent-over Row / Upper-body Basics (www.acefitness.org)
2. ISSA - Bent Over Double Dumbbell Row (www.issaonline.com)
3. ScottHermanFitness - Dumbbell Bent-Over Row (movement reference) (www.youtube.com)