

Seated Cable Row

Narrow neutral-grip low-cable row with footplates

Key positions



1. Start: steady feet and seated hips



2. Pull: handle near the lower abdomen

Muscles worked

Main muscles

- Latissimus dorsi: draws the upper arms backward.
- Rhomboids and middle trapezius: contribute to controlled scapular retraction.

Supporting muscles

- Biceps and other elbow flexors participate in bending the elbows.
- Teres major and rear deltoids assist backward upper-arm movement.
- Spinal erectors, abdominal and forearm muscles help stabilize posture and grip.

What makes it useful

A seated multi-joint pull using a low cable. Upper-arm and shoulder-blade movement train the back while elbow flexors assist. This guide uses a narrow parallel handle and footplates.

Movement & technique

Seated Cable Row | Keep your feet and hips steady. Pull your elbows back, then return slowly.

Before you start

Follow the machine placard and choose a light load. Inspect the cable, center clip and handle, and secure the selector pin. Make adjustments only while the stack is resting.

1 Set feet and grip

Sit with both feet secure on the footplates and knees softly bent. Use closed neutral grips with palms facing each other on the narrow parallel handle. Its central fitting connects to one cable.

2 Set the start position

Keep hips seated, brace gently and maintain a natural spine. Hold a tall, steady torso; a small fixed recline is acceptable. Begin with arms nearly straight, without forced elbow lockout or slack cable.

3 Pull toward the abdomen

Exhale and draw the elbows back near the ribs, bringing the handle toward the lower abdomen. Keep wrists aligned and avoid shrugging. Stop at a comfortable pull without driving with the hips or knees.

4 Return under control

Inhale and slowly extend the elbows, allowing natural forward shoulder-blade motion. Keep the spine steady, grip closed and feet planted. Avoid rocking the torso or dropping the weight.

Form reminders

- Maintain footplate and seat support; do not drive the pull with the knees.
- Avoid repeated trunk rocking, lumbar rounding or excessive arching.
- Keep wrists aligned and elbows close; let the shoulder blades move naturally.
- Maintain the center connection, cable tension and the same grip in both directions.

Finish safely

- Return the load gently and let the stack rest before releasing. Never adjust pins or clips under suspended load; keep clear of moving parts.
- Stop for shoulder, elbow or back pain or dizziness. Reduce load if posture and grip cannot stay controlled.

References

1. Cybex Modular - Low Row (kb.cybexintl.com)
2. ACE - Seated Cable Row (www.acefitness.org)
3. Cybex MG-525 - Low Row (kb.cybexintl.com)
4. ScottHermanFitness - Seated Low Row (movement reference) (www.youtube.com)