



SEATED CABLE ROW  
MUSCLE(S) TARGETED: Back, Biceps



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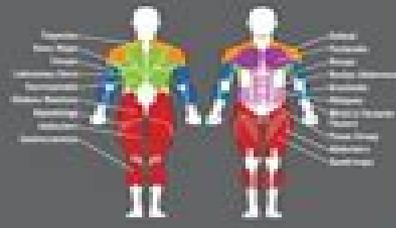
### WARM UP FOR THE EXERCISE

Before starting any exercise routine, it is important to warm up the muscles to prevent injury and maximize performance. A warm-up routine should include light cardiovascular exercise, such as walking or jogging, for 5-10 minutes. This is followed by dynamic stretching exercises that target the muscles to be used in the main workout. For example, for a seated cable row, a warm-up routine could include:

- 5-10 minutes of light cardio (walking or jogging)
- Dynamic stretching exercises for the back, biceps, and shoulders, such as arm circles, torso twists, and shoulder rolls.
- Lightweight cable row exercises to gradually increase the intensity of the main workout.

The warm-up routine is crucial for preparing the body for the main workout. It helps to increase blood flow to the muscles, which can improve their ability to contract and generate force. Additionally, dynamic stretching helps to improve the range of motion of the joints, which can also enhance performance. By following a proper warm-up routine, you can reduce the risk of injury and get the most out of your workout.

### MUSCLE REFERENCE GUIDE



### VARIABLE RESISTANCE PROGRAMS

What are your fitness goals?

Weight Loss	Muscle Gain	General Health
3-4 sets	4-5 sets	3-4 sets
10-15 reps	6-10 reps	8-12 reps
10-15 sec rest	30-60 sec rest	30-60 sec rest

- The program is designed to be used for 12-16 weeks, 3-4 times per week.
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# Marcy One Home Gym Exercise Guide

**Christian Drosten**



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