

Exercise Prescription: High Row with External Rotation

Purpose of Exercise:

This is a strength and stability exercise for the shoulder girdle.

Starting Position:

Standing with feet shoulder width apart, facing a cable machine (with rope attachment) or elastic band secured at a point around the height of the forehead (1).

Exercise Description:

Grip the band/rope with the palms facing downward. Keeping the shoulders from shrugging up towards the ears, pull the elbows back, retracting the shoulder blades (2). Then rotate your hands outward while keeping your elbows back and at the level of the shoulders as shown (3)

Pictures:

