

StrongLifts Barbell Row Tip Sheet

How to Barbell Row

1. Walk to the bar. Stand with your mid-foot under the bar. Don't touch it with your shins. Medium stance, toes pointing out.
2. Grab the bar. Use a medium grip width. Narrower than on Bench Press, wider than on Deadlifts. Hold the bar low in your hands.
3. Unlock your knees. Keep your hips higher than on the Deadlift. Bend your knees but keep them back so the bar can't hit them.
4. Lift your chest. Straighten your back. Don't move the bar. Don't drop your hips. Don't squeeze your shoulder-blades together.
5. Row. Take a big breath, hold it and pull the bar against your lower chest. Lead with your elbows and pull them to the ceiling.

Barbell Row Form 101

- Bar Path. Vertical line from your mid-foot to your lower chest
- Barbell. On the floor, over your mid-foot, at the start of each rep
- Stance. Medium, wider than on Deadlifts but narrower than on Squats
- Feet. Whole foot flat on the floor, turn your toes about 30° out to the side
- Knees. Unlocked, back and pushed out to the side so the bar can't hit them
- Grip. Full grip. Both palms face you. Bar rests low in your hands. Squeeze the bar
- Grip Width. Medium, narrower than on the Bench Press, wider than on Deadlifts
- Wrists. Keep them straight to avoid wrist pain, use a full grip and squeeze the bar
- Elbows. Locked elbows at the bottom, pull them to the ceiling and behind your torso
- Chest. Raise it at the bottom before you pull the weight to avoid lower back rounding
- Shoulders. In front of the bar at the bottom when viewed from the side, let them hang
- Shoulder-blades. Over the bar and your mid-foot at the bottom, squeeze them at the top
- Head. Neutral, inline with the rest of your spine. Don't look up, don't look at your feet
- Torso. Horizontal with the floor at the bottom, raise it on the way up but not more than 15°
- Lower back. Neutral, natural arch like when you stand. No rounding or excess arch ever
- Hips. Higher than on the Deadlift, not too low or the bar will hit your knees and shins
- Setup. Bar over mid-foot, shoulder-blades over bar, hips high, bent knees, back neutral
- Breathing. Take a big breath at the bottom, hold it at the top, exhale/inhale at bottom
- Way up. Pull your elbows to the ceiling, keep your knees back, raise your torso 15° max
- Top. Bar against lower chest, elbows behind torso, torso slightly above horizontal
- Between reps. Bar on the floor, don't bounce, rest a second, get tight, pull again
- Way down. Lower the bar fast but under control, keep your knees back

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