

Biomechanics of Sports

How to Coach a Horizontal Row

April 15, 2020



Lesson: April 15, 2020

Objective/Learning Target:

The student will be able to identify and troubleshoot how to correct a 1-arm horizontal row.



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Instructions

Watch the video and then answer the follow-up questions.





Questions

1. What does it mean to have humeral glide?
2. Explain what ball and socket congruency is and how you would cue your client into that position.
3. How does the thoracic spine play a role in the ability to move the scapula along the rib cage?



Email your discussion questions to the following instructors:

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