Title: Barbell Good Morning

Primary Muscle Groups: Lower Back

Secondary Muscle Groups: Abs, Glutes &amp; Hip Flexors, Hamstrings

Summary: <ol>

<li>Using a squat or barbell rack, set the barbell at shoulder height.</li>

<li>Position yourself so the barbell is resting on your shoulders and you are facing away from the rack.</li>

<li>Stand up to lift the barbell clear of the rack and take a few steps away from the rack.</li>

<li>Position your feet slightly less than shoulder width apart.</li>

<li>Keep your legs straight and bend forward at the hips.</li>

<li>Continue bending forward until you feel a mild stretch in your hamstrings. (Do not try to bend past the mild stretching sensation. As flexibility increases so does the range of motion.) Hold for a count of one.</li>

<li>Return to the starting position by straightening from the hips. Repeat.</li>

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