Title: Bent Over Two-Arm Long Barbell / T-Bar Rows

Primary Muscle Groups: Lower Back, Middle Back / Lats

Secondary Muscle Groups: Abs, Biceps, Forearms, Upper Back &amp; Lower Traps

Summary: <ol>

<li>Set up an Olympic (long) barbell with weight plates on one end only.</li>

<li>Put the other end of the bar against a wall or something heavy so it can't slide backwards.</li>

<li>Straddle the bar with your knees slightly bent.</li>

<li>Bend forward at the waist until your torso is nearly parallel to the floor.</li>

<li>Grip the bar close to the weight plates with both hands, using a neutral grip. One hand in front  the other. This is the start position.</li>

<li>Keeping your back straight and exhaling, pull the bar straight up by bending your elbows until the plates touch your chest.</li>

<li>Hold and squeeze your back muscles.</li>

<li>Return to the start position in a slow smooth movement to place emphasis on your lats. Inhale as you do so.</li>

<li>Keep the bar from touching the floor.</li>

<li>pause then repeat.</li>

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