Title: One Arm Barbell Rows

Primary Muscle Groups: Lower Back, Middle Back / Lats

Secondary Muscle Groups: Abs, Biceps

Summary: <ul>

<li>Place weight on one end of a barbell.</li>

<li>Straddle the barbell with the weight in front.</li>

<li>Bend your knees and drive your hips back as you keep a flat back and tight core.</li>

<li>Grab the barbell with the left hand and support yourself with your right hand.</li>

<li>Pull the barbell up, towards you, contracting the back muscles.</li>

<li>Slowly lower and repeat on the other side.</li>

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