Title: Dumbbell Incline Bench Rows

Primary Muscle Groups: Lower Back, Middle Back / Lats

Secondary Muscle Groups: Biceps, Forearms, Shoulders

Summary: <ol>

<li>Lean forward into an incline bench</li>

<li>Using a neutral grip, hold a dumbbell in each hand so your palms are facing in.</li>

<li>Your arms should be fully extended and hanging straight down. This is the start position.</li>

<li>Pull your shoulder blades back and flex your elbows to pull the dumbbells up to your sides.</li>

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

<li>Return to the start position in a slow, controlled movement.</li>

<li>Repeat.</li>

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