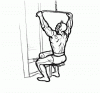
[**Lat Pulldown**](http://www.makeoverfitness.com/middle-back-exercises/7477-lat-pulldown)

[](http://www.makeoverfitness.com/middle-back-exercises/7477-lat-pulldown)

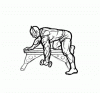
Target Muscles: Upper, middle back

Equipment: Cable Machine

Start: Attach the long straight bar to the high cable. Sit down on the padding or slide a bench underneath it. Sit down and grab the bar with a false (thumb on the same side as your fingers), overhand, shoulder-width grip. Keep your arms straight and your torso upright or leaning back slightly.

Tags: [Upper Back](http://www.makeoverfitness.com/exercise-find/tag/122)[Cables](http://www.makeoverfitness.com/exercise-find/tag/126)

[**One Arm Bent Over Rows**](http://www.makeoverfitness.com/back-dumbbell-exercise/7457-one-arm-bent-over-rows)

[](http://www.makeoverfitness.com/back-dumbbell-exercise/7457-one-arm-bent-over-rows)

Target Muscles: Back

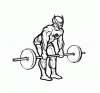
Equipment: Dumbbells

Start: Start with the dumbbells hanging slightly in front of your shoulders and arc them back toward your hips as you lift them. When you're ready, try bent-over rows one arm at a time, using any grip. Do a complete repetition with one arm before repeating with the opposite arm, or raise one dumbbell while lowering the other.

Finish: Pull the weights up until they're even with your lower rib cage and your elbows are higher than your torso. Keep your torso in the same position throughout, and maintain the slight bend in your knees.

Tags: [Upper Back](http://www.makeoverfitness.com/exercise-find/tag/122)[Dumbbell](http://www.makeoverfitness.com/exercise-find/tag/127)

[**Bent Over Two-Arm Long Bar Row**](http://www.makeoverfitness.com/middle-back-exercises/6413-bent-over-two-arm-long-bar-row)

[](http://www.makeoverfitness.com/middle-back-exercises/6413-bent-over-two-arm-long-bar-row)

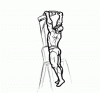
Target Muscles: Back

Equipment: Barbell

Instructions: Put weight on one end of a long barbell. It is helpful to put something at the other end of the barbell on the ground so it can not slide backward. Straddle the bar and bend forward until torso is as close to parallel with the floor as you can go. Keep your knees slightly bent. Hold bar just behind plates with both hands. Pull bar straight up with your elbows in until the plates touch your lower chest. Lower bar slowly to starting position. Do not let the plates touch the floor at the bottom. You can get a better range of motion by using many small plates rather than one big plate. Keep your back straight and head up!

Tags: [Upper Back](http://www.makeoverfitness.com/exercise-find/tag/122)[Barbell](http://www.makeoverfitness.com/exercise-find/tag/124)

[**Pull Up**](http://www.makeoverfitness.com/middle-back-exercises/3938-pull-up)

[](http://www.makeoverfitness.com/middle-back-exercises/3938-pull-up)

Target Muscles: Back

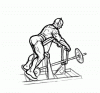
Equipment: Pull Up Bar

Instructions: Grip bar with hands slightly wider than shoulder width. Keep body in good alignment (abs tight, chest up, back straight). Squeeze down (depress) shoulder blades using a controlled motion, pull body up by drawing chest to the bar, keeping elbows down toward sides and forearms in line with body. Contract lat muscles fully without compromising form. While maintaining the controlled motion, return body to starting position. Do not allow body to swing. Do not allow muscles to relax before next repetition.

Video:  [Male](http://www.youtube.com/watch?v=ycY7n3sJ9qE)    [Female](http://www.youtube.com/watch?v=RsnbDcsZbpk)

Tags: [Upper Back](http://www.makeoverfitness.com/exercise-find/tag/122)[Full Gym](http://www.makeoverfitness.com/exercise-find/tag/129)

[**T-Bar Row**](http://www.makeoverfitness.com/barbell-back-exercise/5791-t-bar-row)

[](http://www.makeoverfitness.com/barbell-back-exercise/5791-t-bar-row)

Target Muscles: Upper, Middle Back

Equipment: T-bar Machine or Barbell

Start: Wrap one end of the bar in an old towel and stuff into a corner. If you have something heavy-a dumbbell or sandbag-to put over the bar to steady it, use it. Before you load the other end of the bar, wrap a workout towel around it. Then load the end with 25-pound or lighter plates-bigger ones will restrict your range of motion. Straddle the bar so that you face away from the corner, and grab the ends or the towel or the handle with a neutral grip. Get into the starting position described for the other rows, with your posture a bit more upright and your elbows in closer to your torso.