

BACK WORKOUT

UPRIGHT ROW



1. Grasp the barbell with an overhand grip, keeping your arms straight.
2. Using a quick burst of leg drive, pull the barbell up your legs.



ONE-ARM DUMBBELL ROW



1. Grasp the dumbbell with your right hand.
2. Bend your torso and keep your back straight.



BENT-OVER ROW



1. Grasp the bar with an overhand grip, about shoulder-width apart.
2. Bend your torso slightly, keeping your back straight and your feet flat on the floor.



MUSCLE COLOR CODE



- 1. Trapezius: upper, middle, lower
- 2. Latissimus dorsi
- 3. Rhomboid
- 4. Erector spinae
- 5. Erector spinae
- 6. Erector spinae
- 7. Erector spinae
- 8. Erector spinae
- 9. Erector spinae
- 10. Erector spinae

LAT PULLDOWN (FRONT)



FRONT CHIN-UP



1. Grasp the bar with an overhand grip, about shoulder-width apart.
2. Bend your torso slightly, keeping your back straight and your feet flat on the floor.



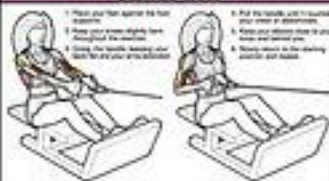
BACK EXTENSION



1. Grasp the bar with an overhand grip, about shoulder-width apart.
2. Bend your torso slightly, keeping your back straight and your feet flat on the floor.



SEATED ROW



1. Place your feet against the foot supports.
2. Keep your knees slightly bent throughout the exercise.
3. Using the handle, leaning your back and pull the bar into your chest.



4. Pull the handle up to your chest.
5. Keep your elbows close to your torso and behind you.
6. Return to the starting position and repeat.

T-BAR ROW



1. Grasp the bar handle with a grip equal to your torso.
2. Pull your torso slightly forward.
3. Keep your knees slightly bent throughout the exercise.
4. Using the handle, leaning your back and pull the bar into your chest.



5. Pull the handle up to your chest.
6. Keep your elbows close to your torso and behind you.
7. Return to the starting position and repeat.