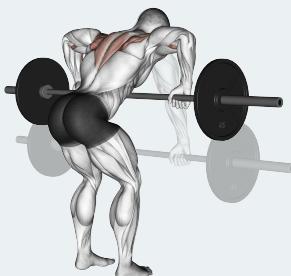
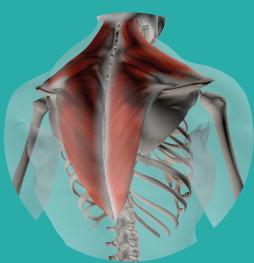


TRAPEZIUS WORKOUT

ORIGYM



Barbell Bent Over Row

- Grab a barbell with an overhand grip, hands slightly wider than shoulder width apart, chest should be almost parallel to the floor.
- With your knees slightly bent, hamstrings, glutes, core and lats all engaged, row the weight upwards into the lower part of your chest.
- Return under control to the start position.

Dumbbell Single Arm Row

- Place one arm and one knee of the same side on a bench with the upper body parallel to the floor and head neutral.
- While holding the dumbbell with a neutral grip, row the dumbbell up towards the hip by contracting the latissimus dorsi and keeping the elbows tucked to the ribcage.
- Return to starting position under control, avoiding rotation of torso throughout.

Machine Seated Row

- With chest flat against support pad and torso upright, grasp handles with a neutral grip. (palms facing each other)
- Keep your elbows tucked, pull the handles in and towards your hips while keeping wrists straight.
- Return to starting position while keeping traps engaged and upright torso.

KEY:

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Machine Seated Row

- With chest flat against the support pad and torso upright, grasp handles with a pronated grip. (palms facing down)
- Keep your shoulders down and back, pull the handles in and towards your midriff while keeping elbows in line with your wrists.
- Return to starting position while keeping traps engaged and upright torso.

Inverted Body Row

- Grasp the bar with an overhand grip at shoulder level and lower yourself so that you are hanging underneath it with feet extended out.
- Now, with your core braced and your spine neutral, pull yourself up so that your chest touches the bar.
- Lower to full extension under control and repeat.

Cable Seated Row

- With feet flat on the floor and torso upright, grasp bar with a supinated grip. (palms facing upwards)
- Keep your elbows tucked, lean back slightly, pull your elbows in and towards your hips while keeping your wrists straight.
- Return to starting position while keeping traps engaged and an upright torso.