

BB BENT OVER ROW

START



- Hold barbell with under-hand grip
- Bend your knees slightly
- Bring your torso forward by bending at the waist
- Keep your back straight, around 45°
- Make sure that you keep your head up
- The barbell should hang directly in front of you as your arms hang perpendicular to the floor and your torso

MIDDLE



- Keep the torso stationary
- Breathe out and lift the barbell towards you
- Elbows close to the body
- Only use the forearms to hold the weight
- At the top of the contracted position, squeeze the back muscles and hold for a brief pause

END



- Inhale and slowly lower the barbell back to the starting position
- Repeat the sequence according to your workout schedule

MUSCLES TARGETED

LATISSIMUS DORSI AND RHOMBOIDS

- The latissimus dorsi and rhomboids are the main muscles targeted, located in your back
- Pulling the weight higher to your chest works your upper-back muscles
- Pulling the weight closer to your waist works your mid-back muscles
- Assisting muscles are your biceps, muscles in your shoulders, forearms, legs and core
- The abdominal and lower back muscles contract to stabilize and keep your body in place

NOTE

Ensure perfect form and never slouch the back forward as this can cause back injury.