

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

BACK BEAUTIFY

BENT-OVER BARBELL ROW

REVERSE YOUR GRIP AND SEE RESULTS FAST

REVERSE-GRIP BENT-OVER BARBELL ROW

Target Muscles: lower lats

Set up: Grasp a bar with a reverse grip (palms up) [A], hands spaced slightly narrower than shoulder width. Bend at your waist until your torso and lower body form a 45-degree angle. Keep a natural arch in your lower back. The bar should hang down naturally.

Action: Retract your shoulder blades and pull the bar towards your waist stopping just short of your navel [B]. Squeeze your upper back briefly, then control the bar back to the arms-extended position. Repeat.

Tip: As you begin to fatigue do not use upper-body momentum to lift the bar towards your navel. To engage the greatest number of muscle fibers possible, make sure that your elbows track rearward as you pull the bar up. Don't flare them out to the sides.