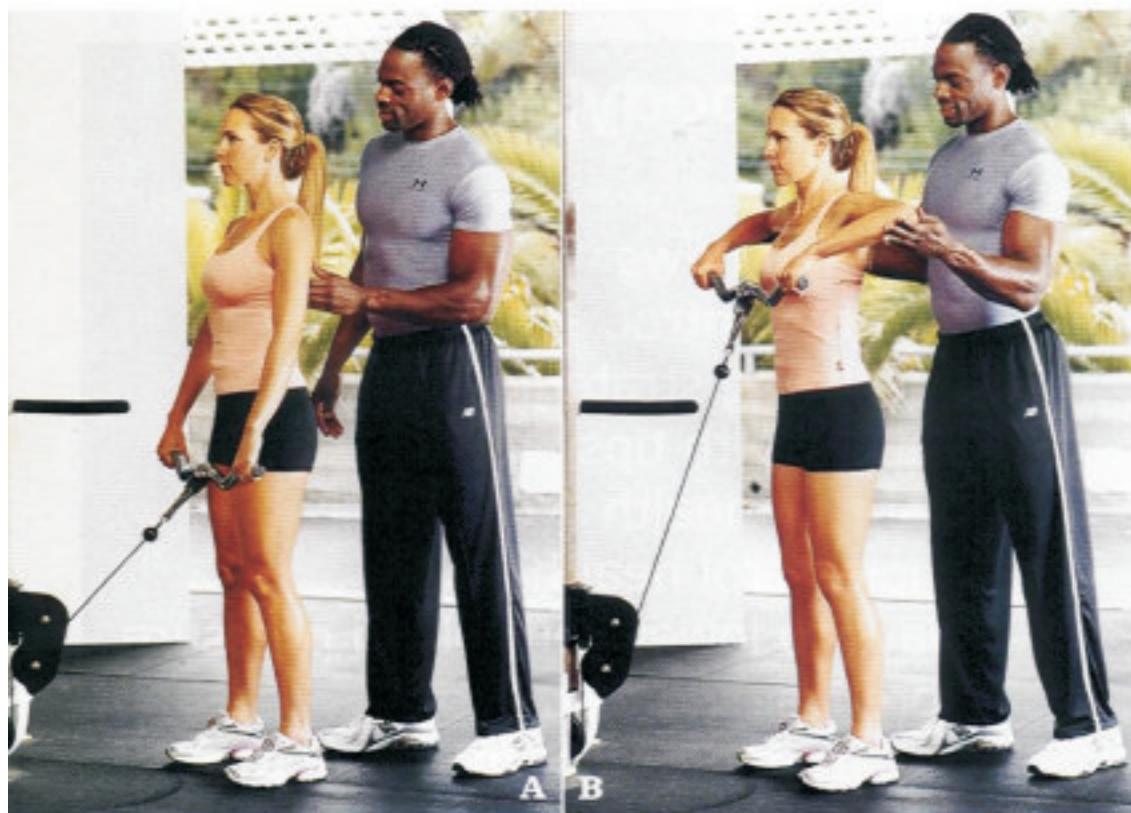


➤ **Trainer's Tip** Pull your shoulder blades back and down throughout the set to fully isolate the muscles.

## inverted row

Strengthens upper and middle back, middle and rear deltoids, biceps

- **Secure** an Olympic bar on a rack at about waist height, then sit on the floor under the bar. Grasp bar with an underhand grip, hands slightly wider than shoulders.
- **Walk** feet out and allow entire body, except heels, to hang with arms and legs straight, feet flexed, chest centered under bar. Tighten abs and align body from head to heels [A].
- **Bend** elbows and pull chest up to bar, keeping body straight [B].
- **Lower** slowly and repeat.



➤ **Trainer's Tip** Keep your torso tall and still so you don't use your lower back to help you lift the weight.

## wide-grip upright row

Strengthens upper back and rear shoulders

- **Attach** a short bar to a lower-cable pulley machine and grasp bar with an overhand grip, hands slightly wider than shoulders.
- **Stand** slightly less than arms' distance from the weight stack, feet hip-width apart, knees slightly bent.
- **Keeping** wrists straight, hold bar in front of thighs. Contract abs, elongate spine and pull shoulder blades down and together [A].
- **Bend** elbows wide out to side as you pull bar toward chest until elbows are even with shoulders [B].
- **Lower** bar to starting position. Repeat.