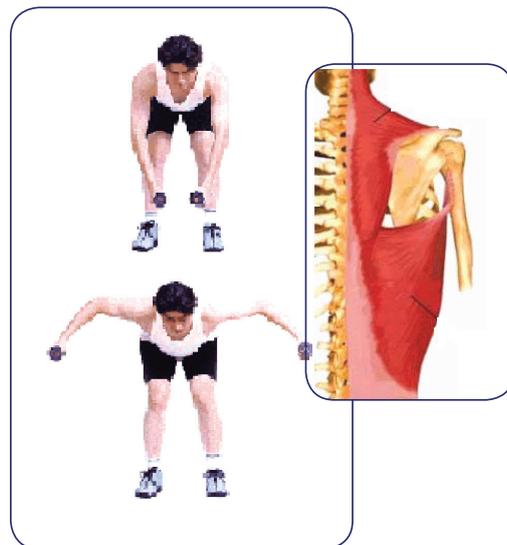


## Upper Back

### BENT OVER LATERAL RAISE

You should feel this exercise working the deltoids as well as the muscles across your back. If this is a new exercise for you, you might find that your muscles reach fatigue quite quickly so start with a lighter weight.

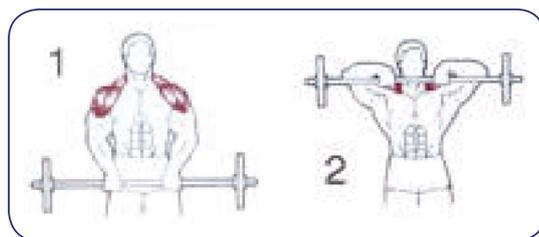
- Stand with feet hip-width apart, knees relaxed. Bend forwards slightly, holding the weights below your chest with arms slightly bent
- Open your arms, and lift the weight until they are level with your shoulders. Hold for 2 seconds, then return to the start position



### UPRIGHT ROW

Working both your trapezius and deltoids (shoulders), this exercise can be done using a barbell or dumbbells.

- Standing, hold the barbell at shoulder width, palms down. Allow the bar to rest against your thighs
- Pull the bar straight up until it nearly touches your chin. Your elbows should flare out to your sides, rising as high as your ears at the top of the movement. Pause momentarily before lowering to the starting position



### STRAIGHT ARM PULLDOWN

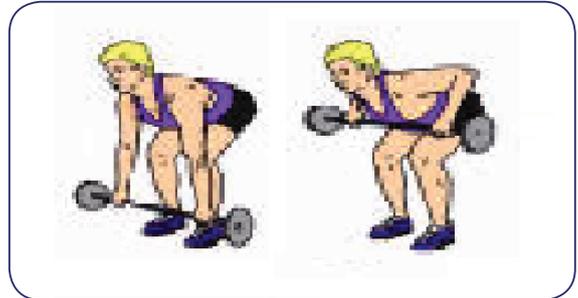
- With your feet in a comfortable position, stand in front of a lat pulldown machine. Ensure your knees are slightly bent. Keep your arms straight while grasping the bar with an overhand grip and pull the cable down to your hips
- Return to starting position and repeat. In this exercise it is important to keep your upper body straight at all times



## BARBELL ROW

This is one of the more advanced back exercises. As it is performed in a bent over position it requires a greater degree of control, this concentrates work on the muscles across the back as well the major postural muscles in the torso.

- Stand with feet shoulder width apart, knees slightly bent. Bend forwards holding the barbell down in front of your shins
- Pull the barbell up to your chest, hold for 2 seconds, then return to the start position. Keep your back straight at all times



## SINGLE ARM ROW

Focus on using the back muscles to pull the elbow through, rather than just relying on your biceps.

- Rest your right hand and knee on a bench keeping your left foot on the floor. Hold a dumbbell in your left hand so that your arm hangs down towards the floor. Keep your back straight and shoulder parallel to the bench
- Pull the dumbbell up towards your chest, keeping your body stable, your back straight and your shoulders relaxed. Keep your arm close to your body. Return to the start position, keeping the movement slow and continued



For advice on any of the exercises mentioned in this article please ask one of the Team.

