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Stack your hands directly beneath your shoulders and your knees slightly wider than hips (in line with your hands). Tighten your shoulder blades. This is also a great way to master the proper form for other versions of the move.DO THIS: ●Get down on your knees in front of a cable tower with the proper setup, with the bar's starting position just about as high as you're able to reach without raising yourself off the ground. Squeeze your glutes and core to keep your ribcage down.●Raise the dumbbell over your torso, gripping the weight at one end with both hands.●Jump your feet alongside the kettlebells. The pause keeps your scapular retractors working longer. Keep a slight bend in your elbow the entire time.TRX Reach and Row TRX straps can be such a valuable training tool because they allow you to work with your bodyweight in all sorts of ways you've never tried before—case in point, this tough pulling exercise. Keep your hips and shoulders square to the front and squeeze your shoulder blades and abs (don't arch your back).●Pause for a moment, then control the bar as you allow it to return to its starting position.Deadlift When it's done right, the deadlift is an excellent back exercise. Targeting those muscles specifically is important for plenty of reasons—but your back muscles can also play a bigger role than you might expect in assisting big-time compound movements that pay off in spades, like the bench press. Pause, then slowly lower the bar back to the starting position.Bent-Over Underhand Barbell Row If you think this move looks familiar, you're not wrong—it's exactly the same as the move above with one key difference: Grip. Front Squat You probably didn't expect to see a squat variation on the best back exercises list, but front squats are an excellent way to build the upper back.●Pull the bar to your upper abs. You can count on your back muscles to help you to look better, move better, and feel better. Make sure you're using a very heavy weight, heavier than you'd normally do for single-arm pull downs.●Place your right arm on the rope too, and pull the weight down with both arms to your left side. DO THIS: ●Grab a pair of dumbbells, hinge at your hips and knees, and lower your torso until it's almost parallel to the floor. Need more help? Because the barbell is placed in front of your body, your back muscles must work overtime to keep your torso upright so you don't tip forward. DO THIS: ●Set up in plank position, feet slightly apart, your left elbow on a bench. You can do this for several reps or on the last rep of your last set of pullups.TOWEL PULLUP: Find your hand positions for a chinup, then drape a towel over each of those spots on the bar. Likewise, your abs are part of your core, whose role is ultimately to support your spine. Use a supinated (underhand) grip to target your rhomboids, the small muscles that start at your spine and attach to your shoulder blades. Meanwhile, your lower back is also in the mix, protecting your spine as you shift your torso upwards with the weight. The chest-supported row isolates your back and lets a bench do the work, allowing you to concentrate on moving the weight more efficiently.●Get in a plank position with your feet spread wide, gripping the dumbbells with your palms facing parallel to each other. DO THIS:●Get into a quadruped position (on your hands and knees). All you need is a small towel. Tighten your abs, push your butt back, and bend at the waist, lowering until your arms can grasp the bar. Strengthening these muscles is important because a weakness can lead to unstable shoulders—and that limits your strength and muscle gains in nearly every upper-body exercise, including the bench press and arm curl.When you start this movement, pull your shoulders down and back. DO THIS: ●Wrap the towel around the handle of the dumbbell, then hold the two ends tightly in an overhand grip.●Control the load up and down the movement—if you have to contort your body and shift your back to lift the dumbbells, drop down to a lower weight. For better function and aesthetics, your mid and lower back need attention. If you've never tried the inverted row before, you're in for a surprise. Rotate your torso open to one side, reaching your right arm toward the ground, keeping core and glutes tight as you do this.●Using your left arm and back muscles, pull your body toward the TRX, rotating your torso upwards and reaching your right arm as high on the TRX as you can.●Keep the elbow of your pulling arm close to the body the whole way, make sure your stable arm stays completely straight.Band Bent-Over Row Men's Health You'll get used to the row in its many forms if you're working on your back—so start out with a light-resistance version that can serve as a warmup or a key part of your routine.●Maintain tension and lower the dumbbell backwards, driving your elbows up to the ceiling.●Repeat the process between the two extremes, moving deliberately. Don't allow the weight to swing above your shoulders. Now raise your upper arms until they're parallel to the floor, allowing the bar to roll back onto your fingertips. The balanced approach allows you to build strength for real-world activities, like pulling, and keeping your posture strong to prevent you from slouching around everywhere.The Benefits of Training Your Back MusclesA More Balanced BodyA big chest looks ridiculous (and doesn't physically function all that well) without a big upper back and shoulders. And that's just one benefit of back training. Control the weight back down, maintaining your position.Towel Grip Landmine Row Keep the forearm and back gains coming by shifting your towel grip over to the landmine attachment.●Keep your wrists stable and maintain a straight line in your spine, squeezing your glutes. Half-Kneeling Archer Row This warmup exercise is great for your shoulders, but there's plenty of payoff for your rear delts and rhomboids, too. As you lower down into the squat, keep strict form. If that's the case for you, try out the exercise in a sumo stance instead. Your hands have to be involved in back-focused exercises to handle the load, too, so don't be surprised when all those rows result in bigger arm muscles.The V-TaperAre you fixated on your front because you're yearning for a V-shaped torso? The barbell row is a go-to exercise to work your middle back muscles. Unfortunately for these forward-fixated trainees, they're missing out on half of the equation to a better body. Instead of focusing on the pull, a concentric movement, you're going to emphasize the second part of the movement, the eccentric portion, when you lower the weight. You'll have a different base than the standard pull down, and you won't be so tempted (or able) to ride the cable up at the top of each rep without having your knees braced. You should "feel" your back working each rep. Created by legendary bodybuilder Steve Reeves, the exercise can be key to building that V-taper shape. Do 8 to 12 reps like this, making sure your upper body remains in nearly the same position from start to finish.DO THIS: ●Sit down at a lat pulldown station and grab the bar with an overhand grip that's just beyond shoulder width. Lower back to the ground. Maintain a tall chest and keep your upper arms parallel to the floor throughout the entire movement.DO THIS: ●Grab a barbell with a shoulder-width grip and place it in front of you across the tops of your shoulders.●Hold the top position for a two count before lowering back to the ground. DO THIS: ●Sit on an incline bench with your chest forward, resting on the support. As you pull your chest to the bar during each rep, think about pulling your shoulder blades toward your back pockets.●Squeeze your shoulder blades for one to two seconds maintaining your position, then return to the starting point.Reeves Incline Row Go back to the bench for this chest-supported row variation—but swap out your dumbbells for short barbell of EZ bar. Over time, this can cause your joint to become unstable, which often leads to injury.DO THIS: ●Attach a straight bar to a cable station and position yourself with your feet braced. DO THIS: ●Position yourself so that your shoulder blades are resting on the bench and your shins are perpendicular to the ground with a 90 degree knee angel. Stronger Back, Better PostureNo one wants to exhibit poor posture when they look at themselves in the mirror—so the postural correction that comes from strong, activated back muscles is important, too.A Strong Back Helps You to Be Stronger EverywhereYour back muscles include your traps, lats, delts, rhomboids, erector spinae, and other muscles associated with the posterior chain. Grab the bar using an overhand, shoulder-width grip, and sit upright. These muscles tend to be weak due to the long amount of time we spend sitting at desks, in cars, or on couches every day.DO THIS: ●Grab a barbell with an underhand grip that's just beyond shoulder width, and hold it at arm's length. As you pick up and put down the weight, your upper-back muscles—including your rhomboids, traps, erector spinae, and lats—must fire on all cylinders to keep your torso straight and your lower back from rounding.●Squeeze your back to pull the band ends simultaneously to your chest, or as close as the band allows.●Squeeze your back to row the dumbbell straight up, keeping a tight grip on the towel to keep the weight parallel to the ground. In fact, bodybuilders swear by it. DO THIS: ●Start with your chest on an incline bench, a loaded EZ curl bar (or barbell) beneath the bench. Grasping the towels engages more of your forearm muscles, improving your grip strength and endurance.Lat Pulldown Men's Health While you can't beat the chinup as a back exercise, the lat pulldown is also great for increasing muscle. Your hinged position will give your lats a chance to shine, while other rear-positioned muscles like the rhomboids and traps will kick in for support. You also have the benefit of working both sides of your body, allowing you to work through weak spots by focusing on building up strength imbalances. DO THIS: ●You only need one dumbbell to do the job here. Then repeat with your other arm.Towel Grip Dumbbell Row This dumbbell row variation provides an extra grip strength challenge and bolsters your stability to boot. If that's all you're looking to do, check out this workout—but you should probably be motivated to look beyond just attaining that V.Now are you ready to turn your attention to your rear more? Don't lean forward and backward to perform the exercise.Pullup or Chinup Variations If you want a V-shaped torso, you must do pullups and chinups. Wrong. Drive your shoulders down into the bench and turn the pits of your elbows forward to engage your lats. Your upper arm should be at a right angle with your torso. You'll need a cable machine for this one.●Row one kettlebell upwards.●Row up again, pausing for 1 second. Squeeze your glutes to raise your feet and legs, engage your mid back, and squeeze your shoulder blades to raise your arms off the floor in an extended position. DO THIS:●Set a cable machine high pulley to a relatively high position, then kneel about 3 feet from it.●Lift the dumbbell with your arm, rowing it toward your lower chest. Follow this guide.For each rep of this back exercise, you'll start in a dead hang and then pull your chest to the bar.CHINUP: Grab the bar with a shoulder-width underhand grip.NEUTRAL GRIP PULLUP: Grab the parallel handles of a chinup station so that your palms are facing each other.MIXED GRIP CHINUP: Placing your hands shoulder-width apart, use an underhand grip with one hand and an overhand grip with the other.PULLUP: This is the same movement as a chinup except that you grab the bar with an overhand grip that's slightly wider than shoulder width.START-AND-STOP PULLUP: Perform a pullup, and then slowly lower halfway down to a dead hang. The barbell tool allows you to move the implement around from the ground, putting it in a perfect position for pulls to target the mid-back.DO THIS: ●Set up a barbell landmine and load a weight that you can row for multiple reps. Aim to take 3 to 5 seconds to do this (the slower the better).●Push your body back to the starting position.Download The Ultimate Upper Body, an all-new cutting-edge 12-week program designed to helping you sculpt the muscles that get you noticed. Battle to keep hips and shoulders square. Squeeze your back and brace your core to keep yourself stable, then lower the weight down to the starting position.●Hinge your hips to drive the weight upward, keeping it close to your body, as you pull with your back and raise your elbow to bring the weight over your shoulder. Old school heads would require you to mount the bench with your weight on your opposite knee and hand, planting the same side leg on the ground—but if you don't know exactly what you're doing and have full control of the weight, you could be putting your spine in jeopardy. Get the most out of the move by performing the exercise at a slow, controlled tempo. Grip the bar with a pronated (overhand) grip, then use your back muscles to pull the bar down to the top of your chest.●Lower yourself to the ground underneath the bar, grabbing it with an overhand grip with your hands positioned directly above your shoulders. It's when you fail to engage these muscles that injuries can occur.DO THIS: ●Load a barbell and roll it against your shins.●Raise your right arm up slightly above shoulder level in the same plane as your torso. Pause, and slowly lower the bar back to the starting position.Pendlay Row This barbell row variation keeps the weight on the ground, giving you the opportunity to bring more explosive movement (and a full pause to rest between each rep) to the exercise.For some people, the high hinge position might be uncomfortable for their hips. Grab the ends of the towels so that your palms are facing each other. Single-Arm Eccentric Pulldown This lat-focused finishing move challenges your back differently than most of the other exercises listed here. Touch your chest to the bar before straightening your arms to return to the starting position.Elevated Plank Row The name of the game for this row is core control. You're not going to get there without homing in on the back. In short, all the attention goes to anteriorly-positioned muscle groups—the body parts that are on the front of your body (a.k.a. "mirror muscles").●Focus on firing your entire posterior chain to begin the movement—your lower back shouldn't take all the strain.●Keeping your position, lift one dumbbell to your side, pause at the top of the movement, and slowly lower it. You may be able to find more information about this and similar content at piano.io This will force you to use your upper-back muscles—as opposed to your biceps—to perform the move.●Return to the second start position, then extend your right arm out to the side as far as possible. For guys who are putting in work in the weight room in order to build muscle to achieve a certain look, it can be tempting to only focus on the muscle groups whose progress they can easily track so that they can be quickly rewarded for all their sweat and effort. Your best bet is to use kettlebells, given the position of their handles, but dumbbells will work in a pinch.When you do the bear row, you're in a position that challenges your core and forces you to fight to stabilize to keep your hips square. You'll need a solid bench and a heavy dumbbell. There should be some space beneath your back and the ground to hang suspended. That's 1 rep.ISO PULLUP: Perform a pullup, but hold your chin above the bar for 10 to 15 seconds. Tighten your abs. DO THIS: ●Step up to a loaded barbell, keeping the barbell close to your shins, standing with feet shoulder-width apart. Pause at the top, keeping your hips square to the ground. Let the bar hang at arm's length.●Round your back as much as possible, spreading your shoulder blades and bending your neck down to flex your spine.●Slowly arch your back, squeezing your shoulder blades and looking up to create spinal extension. Hold a dumbbell in your right hand. The move is a killer upper back drill that will tire you out sooner than you'd expect from its basic setup.DO THIS: ●Place a bar at about hip height on a Smith machine or power rack. It's just like a pullup with built-in assistance from the ground, right? You keep your lats and rhomboids engaged throughout the movement.●Stand straddling the bar in an athletic stance, then wrap the towel around the bar and hold it with an overhand grip tightly in both hands. Pause for 1 second.●Pause for a moment at the top of the motion, then slowly return to the original position, working against the band's resistance.●Pull the bar to your upper abs and squeeze your shoulder blades toward each other.●Grab dumbbells with a neutral grip, keeping your chest strong and allowing your arms to hang.●Squeeze your back to pull the weights to your hips, with your elbows bent at 90-degree angles. Return the bells to the ground and jump back to bear plank position, tightening your core.Bent-Over Barbell Rows Compared to other variations of the row—like the single-arm dumbbell row—the barbell version allows you to use more weight. They build width because they target your latissimus dorsi (a.k.a. lats), the large back muscles that wrap around the sides of the upper body just below the arms.●Without moving your torso, pull your shoulders back and down, and bring the bar down to your chest. Make sure to move at a measured pace through a set.Cat-Cow You're not building your back with this yoga staple, but it is an important exercise to help you prep for the rest of your workout.●Row the bar up, touching the it to the bench, pausing, then lowering it.Inverted Row You might look at the inverted row and think it's just an easier version of movements you're already doing. Lift it from the ground. Short of pullups or inverted rows, you're pretty much out of luck—aside from this heroic exercise that torches your mid and upper back muscles. Return to the start.Bent-Over Dumbbell Alternating Row Men's Health Work on each side of your body individually without using a bench for support. Pause for three seconds, then slowly lower your body back to the starting position. Tighten your core. Grasp a rope or the cable itself with your left arm. Avoid recruiting your shoulder or shifting your position to get the load up, if you need to do so drop down to a lighter dumbbell. Pause, then pull your chest to the bar again. Importantly, make sure that you're able to get into a shoulder-safe position and work within a healthy range of motion to prevent injury. Make sure that your back isn't rounded. Pause for a count at the top before lowering the weight to the starting position.Chest-Supported Dumbbell Row If you struggle with keeping your chest strong and your spine straight when you try bent-over exercise variations, you'll love this move. Squeeze your shoulder blades.●Hinge at your hips and bend your knees slightly to grasp the weight with both hands in an overhand grip, but resist the temptation to bend your knees to squat. The simple movement can be more difficult than you might expect, so make sure you go slow and know what you're doing before you get down on the floor to fly.DO THIS: ●Get on the floor on your belly. Punch up to the ceiling to finish the snatch.●Perform a pushup, maintaining spinal alignment, and repeat the motion with the opposite arm. Keep your back naturally arched, and make sure to avoiding rounding.●Keeping your lower back naturally arched, pull your torso up and thrust your hips forward as you stand up with the barbell. Rowing with heavier loads elicits more muscle growth in your middle and lower traps, rhomboid major, rhomboid minor, upper traps, rear deltoids, and rotator cuff muscles.●Grasp the bar by the plates. Keep your thumb pointing toward the ceiling. Adding a pause for three seconds when the bar gets to your torso, however, can increase your gains. Pause, now lower all the way down to a dead hang.●Position yourself to row, hinged at the waist with your free arm leaning against the top of the bench. Get started with some of our favorite exercises to work your entire back.The 25 Back ExercisesSuperman Holds Working your back using just your bodyweight is tough. These muscles are the ones that give the torso a wider, flared shape, and can make you appear slimmer even if you haven't lost an inch around your middle.Below is a list of variations of this classic back exercise from easiest to hardest.●Squeeze your back muscles to row the weight up to your chest explosively.Bear Row to Gorilla Row This animalistic compound exercise gives you two back-building rows in one—along with a chance to crush your core and hone your agility to a surprising degree, too. Don't go deeper than your shoulder mobility allows. Even if you're not going to use it as a warmup, you can help to improve your posture and move better by adding it to your daily routine. The band will allow you to work through the range of motion without breaking out the weights, while still challenging you with some resistance. Maintain your grip on the band with your left hand, too, holding at roughly even with your right elbow. DO THIS: ●Start with your feet in an athletic stance, just further than shoulder width apart, holding a kettlebell (or dumbbell) in one hand between your legs. Take two high bang-for-your-buck moves, like the plank and pushup, and make them even useful by adding more elements to work different muscle groups.●Stand on the middle of the band, grabbing the two ends in either hand with a pronated (overhand) grip, hinging at the hips and slightly bending your knees in an athletic stance. Dumbbell Single-Arm Row Dumbbell rows are a classic move that should have a place in every self-respecting lifter's heart.●Squeeze your glutes and make sure your hips are lower than your shoulders. DO THIS: ●Grab a low-resistance band and set it out on the ground.●Keep your neck in a neutral position and avoid looking up. Bend at the hips, and keep your back straight, picking up the dumbbell with your work hand and allowing it to hang straight down from your shoulder.●Pull the dumbbell up to the side of your torso without rotating your shoulders or losing your balance. Reset your body and repeat.Seated Cable Row with Pause Seated cable rows are a traditional upper-back exercise. Just be careful to use proper form and don't overload the bar.DO THIS: ●Grab the barbell with a pronated (overhand grip), holding your hands just further than shoulder width apart. Work with light dumbbells here — maintaining the proper spinal position is just as important and rowing the weight.DO THIS: ●Grab a pair of light dumbbells and about as much space as you would need to perform pushups.●Instead, stand close to the bench, square your feet, and plant your palm on the platform. They'll find even more success if they flip the script and put some effort into training their backs.Training your posterior muscles (the muscles on the back side of your body) is arguably even more important for performance (and even aesthetics) than training your front, and the big muscles that make up your back are among the most essential to target.●Pull the bar to your upper abs as you squeeze your shoulder blades together.●Without letting your elbows drop, lower your body by pushing your hips back and bending your knees until your thighs are at least parallel to the floor.●Make sure to squeeze your glutes and core throughout the move to keep your position stable.●Swing powerfully back down between your legs to repeat, maintaining the form.Kettlebell Snatch Snatch might not scream back exercise, but this variation does require you to engage your back muscles as you explode the kettlebell up. Once you've hit the bottom of the movement, pull the weight back up to the starting position. You can start with a light weight to really nail the form, then graduate to heavier loads to develop explosive power and body control.DO THIS: ●Start with a kettlebell on the ground slightly in front of you.●Your right arm should be pointed directly above you. You'll get a tough core challenge, too.●Maintaining this position, explosively row the barbell to the bottom of your ribcage.●Bend at your hips and knees and grab the bar with an overhand grip, your hands just beyond shoulder width.

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