

Model Jessica Cope

YOU CAN NOW HAVE A TONED

BACK

By Shane Doll, CPT

Photo John Di Giovanni

This month, the spotlight is on exercises to develop a toned and well defined back. Staying true to my philosophy regarding the benefits of functional movements the selected exercises are mostly completed while on your feet to assist in core strength and stability. Traditional lat pull-downs and seated rows work just fine but try these five exercises in your next workout as a great alternative. I'm confident you'll be pleased with the results.

1. Standing Cable Row: While in a squat position, grab a single handle from any adjustable cable machine. Make sure the handle is positioned approximately at hip height. Bracing your abdominals for stability, pull the handle back along your side squeezing your shoulder blades together as you row. Complete for both sides.

2. Barbell Bent-Over Row: While in a squat position with your back flat, grab a barbell with an overhand grip at shoulder width. Bracing your abdominals for stability, row the bar up towards your midsection being careful not to round your back. Squeeze your shoulder blades together at the top of the movement and repeat.

3. Resistance Band Swims: While in a squat position with your back flat grab the handles of a resistance band and pull back towards the outside of your hips with straight arms. Keep your abs contracted during the pulling movement to stabilize your spine and pelvis. Return to the starting position and repeat.

4. Band Assist Pull-Up's: The pull-up is the undisputed king of back exercises but can be difficult for some people to complete unassisted. Place resistance bands at the top of the pull-up bar and around your feet for assistance during the movement. Remove one band at a time from your feet to avoid backlash from the bands at the end.

5. DB Rear Delt Rows: This is a great upper back developer. From a squat position with a flat back, grab two dumbbells with an overhand grip (palms facing the rear). Keeping your abs braced, row the dumbbells upward until your arms are parallel with your shoulders. Slowly lower and repeat.

Shane Doll CPT, CSCS is the owner of Shaping Concepts Fitness Training Studios. To see videos of these and other great leg exercises go to www.shapingconcepts.com.

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