

## BACK EXERCISES

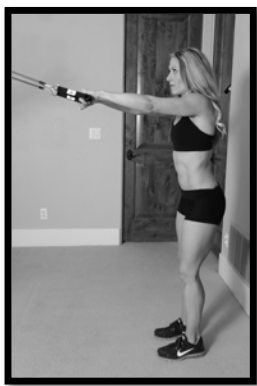
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Back training helps to oppose all the chest training you're doing, helping to ensure excellent muscle balance. It's also very important that you sustain good mind-muscle connection on back training as well as it's easy to let the biceps do most of the work or use momentum to carry you through the exercises.

The more focus you can put on the back muscles alone during the exercises, the greater the strength gains you will experience.

Perform each exercise using a slow and controlled movement pattern to maintain optimal muscle tension.

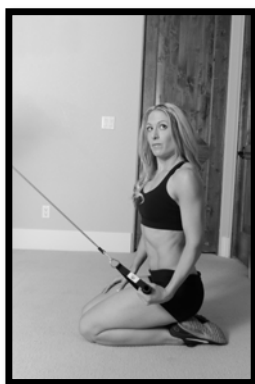
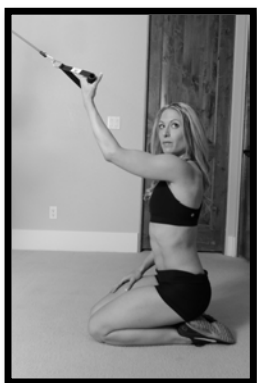
## LAT EXTENTION (FORWARD)



- 1.) Attach the door anchor above your head.
- 2.) Stand 3-4 feet away from the door, facing the door with the body upright.
- 3.) From here, extend the arms and grab a hold the resistance band.
- 4.) Pull the band, squeezing the lat muscles (along the sides of your back) so your arm move directly towards the hips.
- 5.) Do not bend your elbows while you do this.
- 6.) Pause in this position and then reverse directions to complete the rep.

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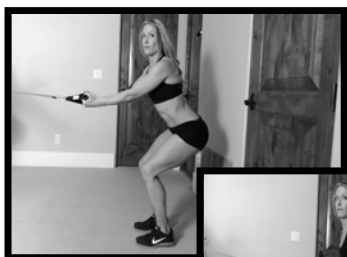
## LAT PULL (ONE ARM, KNEELING)



- 1.) Attach the door anchor above your head.
- 2.) Kneel down on the ground facing the door.
- 3.) Reach up with one arm and grab ahold of the resistance band, keeping the elbow with just a slight bend.
- 4.) From there, keeping the back upright, pull the arm down to the side of the body next to the hips.
- 5.) Keep the arm straight while you do so.
- 6.) Pause and then reverse back to the starting position to complete the rep.
- 7.) Once all reps are completed, switch sides and repeat.

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## BACK ROW (WITH SQUAT)



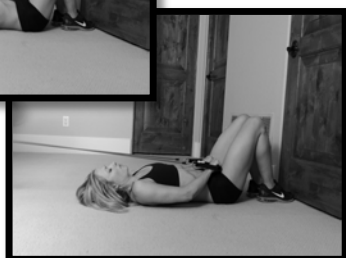
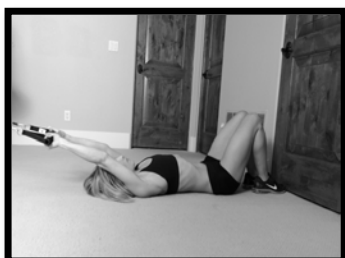
- 1.) Attach a door anchor above your head.
- 2.) Stand 3-4 feet away from the door, facing the door with the knees bent and the body bent over at about a 45 degree angle.
- 3.) Reach forward and grab ahold of the resistance band keeping the elbows relatively straight.
- 4.) Bend the elbows and pull your hands into your stomach until they are almost touching.
- 5.) Pause in this position and then reverse directions to complete the rep.

## LAT EXTENSION (SEATED)



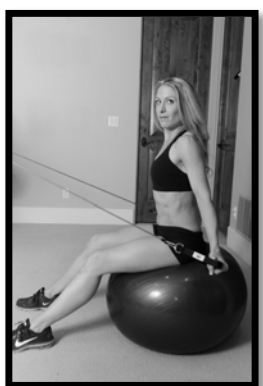
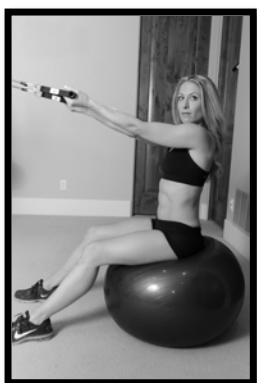
- 1.) Attach the door anchor to the top of the door and place an exercise ball 3-4 feet away.
- 2.) Sit on top of the ball, back upright, facing the door. Reach forward and grab a hold of the resistance band, keeping the arms straight.
- 3.) Pull the band down towards your hips, keeping only a slight bend in the elbow at all times.
- 4.) Pause and then allow arms to move back to the starting position to complete the rep.

## BACK PULL-OVER



- 1.) Attach the door anchor about halfway up the door and lay back down on the floor, facing away 2-3 feet away.
- 2.) Bend the knees and plant the feet firmly into the ground.
- 3.) Reach above the head and extend the elbows as you reach for the end of the resistance band.
- 4.) Pull the band, keeping the arms straight, directly down to your hips.
- 5.) Pause and then reverse directions to complete the rep.
- 6.) As you do this, make sure you keep the small of your back pressed into the floor at all times.

## LAT EXTENSION



- 1.) Position the door anchor at the top of the door and place an exercise ball 3-4 feet away from the door.
- 2.) Sit down, facing the door, reaching forward to grab the resistance band with both hands.
- 3.) Position the hands so that they are facing upright, palms up.
- 4.) Keeping the elbows extended, pull the bands down towards the hips, contracting your lat muscle (back).
- 5.) Pause in this position and then return to the start to complete the rep.

## BACK ROW (SEATED)



- 1.) Attach the door anchor to the middle of the door and sit flat down on the floor, 2-3 feet away, facing the door.
- 2.) Reach forward, extending the elbows and grab a hold of the resistance band.
- 3.) Begin bending the elbows as you pull the resistance band into the upper stomach.
- 4.) Hold once elbows are fully bent and then return to the start to complete the rep.
- 5.) Continue on until all reps are completed.

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## BENT OVER ONE ARM ROW



- 1.) Stand with the legs staggered, one 2-3 feet in front of the other.
- 2.) Bend over slightly at the waist and put the resistance band under one foot.
- 3.) Grab a hold of the band with one arm, keeping the elbow extended while making sure you maintain some tension on the band.
- 4.) Pull the band up and toward the shoulder as you bend the elbow.
- 5.) Pause in the top position and then lower to complete the rep.
- 6.) Once all reps are finished on one side, switch sides and repeat.

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## GOOD MORNINGS



- 1.) Stand in an upright position with the band underneath the feet.
- 2.) Bend over at the waist and hold onto the band, keeping the elbows straight.
- 3.) Slowly straighten up the body, keeping the knees straight and back flat until you are in a full standing position.
- 4.) Pause here and then lower back down to complete the rep.