

Level Six: Bent Over Barbell Row

Overload due to the increased demands on the core. The core has to be engaged throughout as there is no support.



Target Muscles

Primary Muscles: latissimus dorsi, trapezius, rhomboids, brachialis, brachioradialis

Secondary Muscles: pectoralis major, posterior deltoid, biceps brachii, triceps

Teaching Points

- Deadlift a barbell off the floor
- Push the hips back (hip hinge), slight bend at the knees and have the upper body positioned at 45 degree lean forwards
- Have the arms extend directly below the shoulders
- Row the barbell up to the bottom of the chest. The movement should be the elbow lead, moving out to the side, in line with the chest
- The body should stay in the same position throughout the movement, if the 45 degree angle is lost then the back moving is helping to lift the weight and not the latissimus dorsi (you are cheating basically)
- Slowly lower to the start and repeat

Look out for: rotation at the shoulders (should stay aligned), hips not aligned, spinal alignment, head looking up, elbows coming out to the side

