

BENT OVER DUMBBELL ROWS



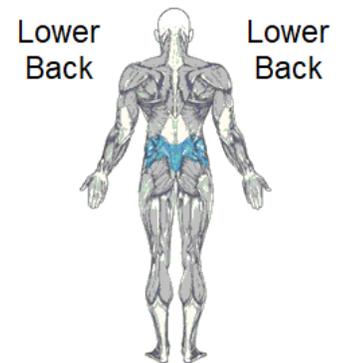
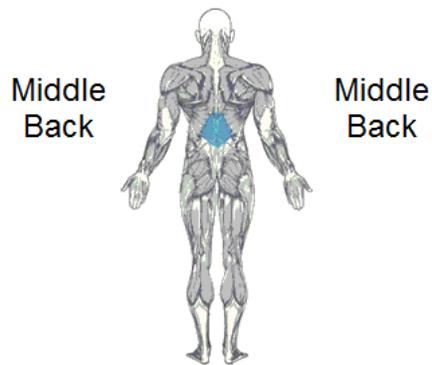
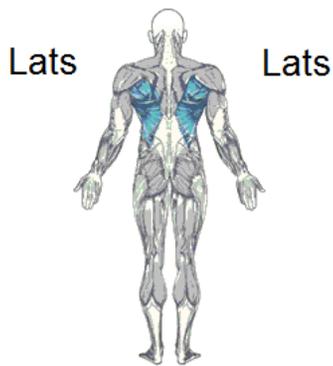
1. While maintaining a straight & upright torso, bend forward at the hip/waist until your torso is almost parallel to the floor while holding a **Dumbbell** in each hand held in a neutral grip (palms of your hands facing inwards), with your knees slightly bent. Keep your chin held slightly up to force your spine to stay straight. The **Dumbbells** should hang directly at your sides with your arms perpendicular to the floor and your torso. This will be your starting position.
2. Use your lats & back muscles to lift both **Dumbbells** all the way up to your sides, while keeping your torso stationary (not moving) and your elbows kept close by throughout the entire motion.
3. Slowly return the weights back down to their station position, while keeping your lats & back muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any back, shoulders, knees, hips, biceps and/or wrists injury. A proper weighted set of dumbbells that are not too heavy should have you mostly engage your lats & back muscles -as it should- instead of having you rely on your arms to perform this exercise. Pick a lighter set of dumbbells if you ever felt that your arms are being more engaged than your lats & back muscles -which should be the main muscle groups you're targeting. It is normal for you to also feel your rear deltoids (rear shoulders), trapezius, hamstrings & glutes muscles getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Seated Cable Rows \(V Bar\)](#) / [Standing Cable Rows](#) / [Machine Assisted Pull-Ups \(Neutral Grip\)](#)

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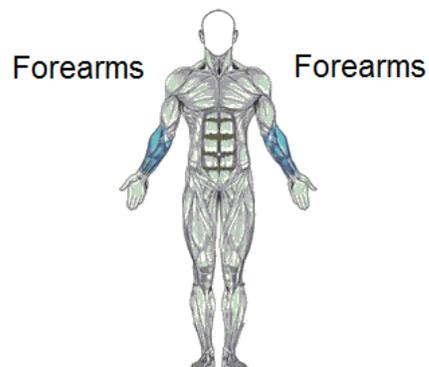
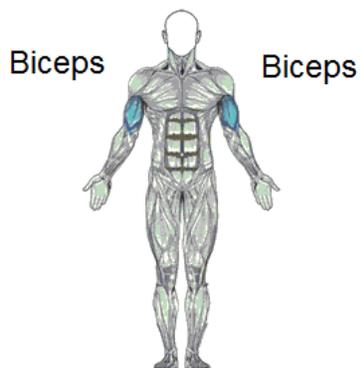
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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