

BENT OVER EZ BARBELL ROWS (UNDERHAND GRIP)



1. While maintaining a straight & upright torso, bend forward at the hip/waist until your torso is almost parallel to the floor, with your knees slightly bent, and pick up an **EZ Barbell** held at shoulder width in an underhand grip with the palms of your hands facing forward, and your hands slightly tilted inwards due to the shape of the bar. Keep your chin held slightly up to force your spine to stay straight. The **EZ Barbell** should hang directly in front of you with your arms perpendicular to the floor and your torso. This will be your starting position.
2. Use your lats & back muscles to lift the bar all the way up towards your abdomen, while keeping your torso stationary (not moving) and your elbows kept close by throughout the entire motion.
3. Slowly return the **EZ Barbell** back down to its station position, while keeping your lats & back muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.

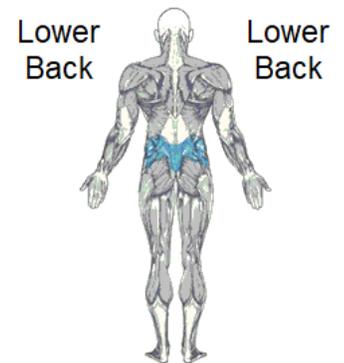
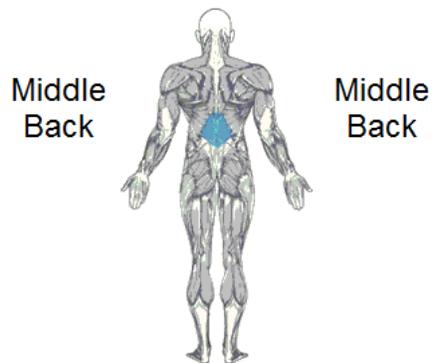
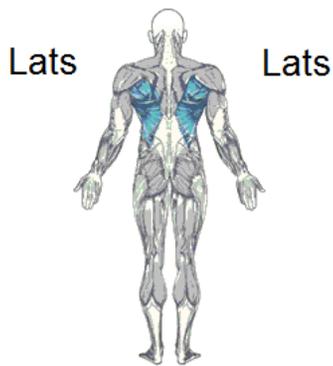
CAUTION: NEVER use a heavy set EZ barbell when performing this exercise to avoid getting any back, shoulders, knees, hips, biceps and/or wrists injury. A proper weighted EZ barbell that is not too heavy should have you mostly engage your lats & back muscles -as it should- instead of having you rely on your arms to perform this exercise. Pick a lighter EZ barbell 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 feel your rear deltoids (rear shoulders), trapezius, hamstrings & glutes muscles getting slightly engaged while performing this exercise. It is also normal for you to feel your biceps muscles getting a bit more engaged while performing this exercise than it does while performing other 'Bent Over Rowing' movements due to the nature of the underhand grip that emphasizes a bit more on the biceps muscles while rowing the weight, yet you should still focus more on engaging your lats & back muscles than your arms while performing this exercise.

ALTERNATIVE EXERCISES:

[Seated Cable Rows \(Underhand Grip\)](#) / [Lat Pull Downs \(Underhand Grip\)](#) / [Machine Assisted Chin-Ups](#)

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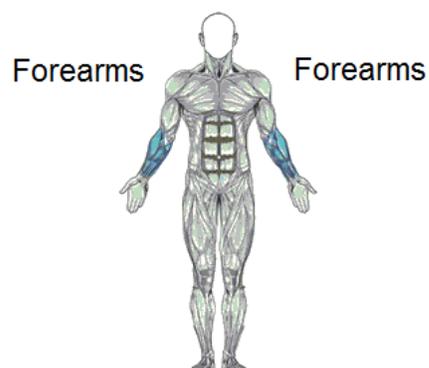
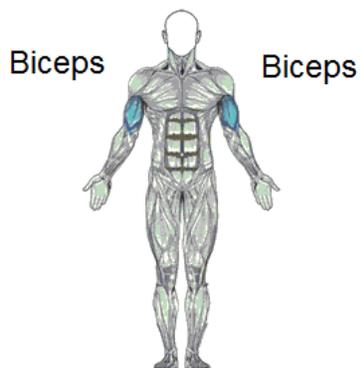
PRIMARY MUSCLES



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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