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100% Effective Natural Hormone Treatment
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Exercise The Right Way – The Barbell Bent–Over Row

By Rick Mitchell

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Other articles in this series looked at a number of exercises, mainly from the perspective of developing a comprehensive muscle building program. Sometimes we take things for granted, especially when it comes to performing the basic exercises that constitute the core of most bodybuilders' training regimes.

It is useful, therefore, to describe in detail the processes involved in actually doing these exercises. This will help beginners to start out using the correct techniques before moving on to potentially more dangerous heavy weights. If it also helps more experienced lifters to redress some of the little faults that have almost imperceptibly crept in over the years, all the better.

In this article we'll take a close look at the bent–over row using a barbell.

MUSCLES TARGETED: latissimus dorsi, teres major, middle trapezius, rhomboids

PREPARATION

Grasp the bar with a closed, pronated grip.
Grip should be slightly wider than shoulder width.

STARTING POSITION

Adopt a shoulder width stance with knees slightly flexed.
Flex the torso forward so that it is not quite parallel to the floor.
Make sure the back remains straight.
Look to a point just ahead of the feet.
Let the bar hang with the arms fully extended.
This is the starting point for all repetitions.

UPWARD MOVEMENT

Exercise The Right Way – The Barbell Bent–Over Row

Pull the bar up towards the lower chest.
Point the elbows up.
Keep the torso rigid, back flat and knees slightly flexed.
Touch the bar to the chest in one smooth movement.

DOWNWARD MOVEMENT

Let the elbows slowly extend back to the beginning position.
Keep the torso and knees in the same position.
Repeat or finish set.

Rick Mitchell is the creator of the bodybuildingadvisor.com website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

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more about the issues covered in this article.

Exercise the right way – barbell shrugs

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In this article we'll take a close look at Barbell Shrugs.

MUSCLES TARGETED: trapezius (upper), rhomboids

STARTING POSITION

Adopt a shoulder width stance with the back erect and knees slightly bent throughout.
Grasp the bar with an overhand grip and hands slightly wider than shoulder width.
Hold the bar at arm's length with a slight bend at the elbows.
The bar should now be resting across the upper thighs.

EXERCISE TECHNIQUE

Lift your shoulders towards your ears and briefly hold the contraction.
Slowly lower the bar towards the starting position ensuring a comfortable stretch is achieved.
Repeat this movement until the intended number of repetitions are completed.

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