

Personal Training by Robert J. Bovee

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STRAIGHT BAR ROW

A. Emphasis. The primary muscles stressed in this movement are the muscles in your upper back (latissimus dorsi and rhomboids). The secondary muscles stressed are the biceps, lower back and shoulders.

B. Starting Position. Grip a weighted bar at your assigned position with your arms extended downward. Carefully bend forward at the hips, knees slightly bent. Push your chest out toward the floor and pull your shoulders back. Your back should be straight and parallel to the floor.

C. Movement. Pull the bar up to the designated area and squeeze your shoulder blades together. Take **2 to 3** seconds to lower the bar back to the extended position.

D. Training Tips.

- 1) Keep your chest out and your shoulders back to help isolate the back muscles.
- 2) Be sure to focus on pulling the bar up to your chest trying no to use just your arms.

E. Options.

- 1) There are two techniques you can use to target different areas of the back:
 - a. Hand position can be varied (wide, medium, close, and under).
 - b. The area of the chest where you bring the bar down to can be varied.

F. Warning Tips.

- 1) **Do not** overextend your shoulders as you lower the bar. Failure to do so can result in serious injury to your shoulders.
- 2) **Do not** round your back during this movement. Failure to do so can result in serious injury to your back.
- 3) **Do not** raise your upper body up and down as you raise the bar. Failure to do so can result in serious injury to your back.
- 4) **Do not** lower the bar down to the extended position any faster than **2 to 3** seconds. You must be in control at all times during this movement. The faster you perform this movement, the less control you will have, which in turn will increase your risk of injury.
- 5) **Do not** straighten your knees during this movement. Failure to do so can result in serious injury to your lower back.