

Exercise of the Month

March 2018

Inverted Row

Purpose: Increase strength in the back, arms and core muscles.

Target Muscles: Trapezius and Rhomboids (upper back)

Assisting Muscles: Shoulders, Core, Forearms

Equipment Needed: Barbell or Smith Machine

Start: Place the bar in a rack (or bar of Smith Machine) to about waist height. Position yourself hanging underneath the bar with your hands a little wider than shoulder apart. Extend your legs out with your heels on the ground, arms fully extended, and hips in line with your legs and arms (full-body alignment).

Movement Phase 1: Maintaining your full-body alignment, flex your elbows in an outward direction and pull your chest towards the bar. Start retracting your shoulder blades together during this movement.

Movement Phase 2: Pause at the top of the movement, and then slowly lower yourself back to the start position.

Repeat: Complete 3 sets of 8-12 repetitions with a 30 second rest between each set.

Modification: (*beginner*) Rather than having your legs extended out, bend your knees and bring your heels closer to your body. However, make sure to maintain a full-body alignment between your shoulders, hips and knees.



From Corporate Fitness Works Team Leader, Bryce Holliday

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