

March Exercise of the Month Bent Over Row with Triceps Kickback

Purpose: To strengthen and tone the muscles in the back and arms

Primary Muscles: Latissimus Dorsi, Rhomboids, Triceps

Secondary Muscles: Trapezius, Erector Spinae, Rotator Cuff, Posterior Deltoids, Biceps, Serratus Anterior, Obliques, Rectus Abdominus, Transverse Abdominus

Equipment Needed: Dumbbells

Starting position:

- ❖ Hold dumbbells in both hands
- ❖ Bend both knees and hinge forward at hips
- ❖ Lower chest towards the thighs and push the hips back to flatten the back
- ❖ Keep back straight and extend both arms towards the floor

Movement:

- ❖ Holding the abs tight, row the dumbbells up toward rib cage, bending the elbows to pull the arms directly back and alongside the torso
- ❖ Keeping the elbows steady, squeeze through the triceps to extend the arms back so they become parallel with the floor
- ❖ Bend the elbows again, bringing the dumbbells back to the rib cage (row position) and then slowly lower them to the floor (start position)
- ❖ Complete 3 sets of 15 reps

Start:



Bent Over Row:



Triceps Kickback:

