

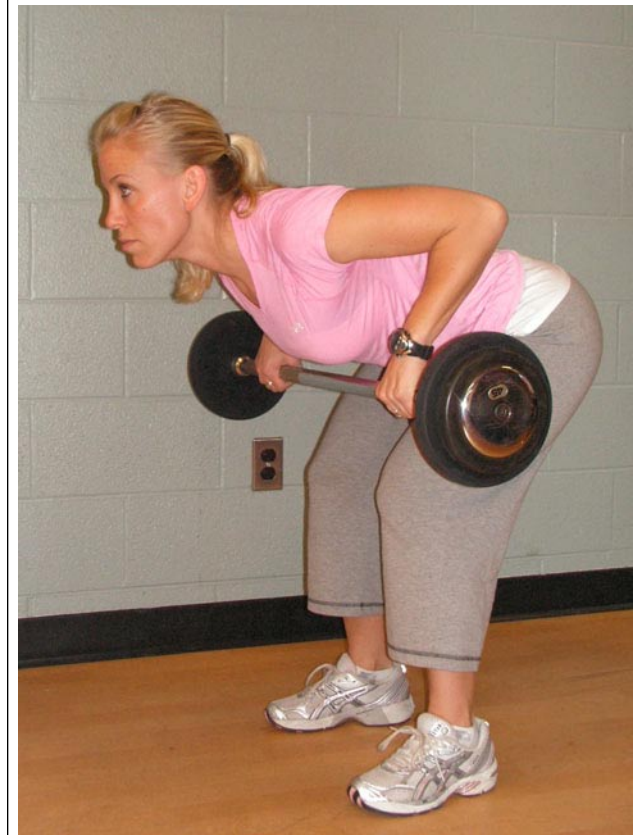
Exercises for the Middle Back (Rhomboids) (Important for strengthening the back — see chapter 12)

Bent-Over Barbell Row

Major Muscle Group: Rhomboids (middle back)

Other Muscles Worked: Biceps, Lats

Position your feet shoulder-width apart. Bend over so your back is parallel to the floor and hold bar with an overhand grip a little wider than shoulder width. Keep legs slightly bent. Hold bar at arm's length straight down. Pull bar straight up to the lower part of your chest. Slowly lower bar back to starting position. Keep your head up and back straight at all times Do NOT swing or use momentum to lift the weight. Repeat.



Bent-Over Two-Dumbbell Row

Major Muscle Group: Rhomboids (middle back)

Other Muscles Worked: Biceps, Lats

Put your feet close together and grab two dumbbells. Bend forward as far as you can go, so your torso is close to parallel to the floor. Bend your knees slightly and keep your head up and back arched inward. Hold dumbbells at arm's length straight down. Pull dumbbells straight up to your sides keeping your elbows out. Concentrate on squeezing with your middle back. Return slowly to starting position. Repeat.

**Bent-Over Row with Dumbbell**

Major Muscle Group: Rhomboids (middle back)

Start with one knee resting on the weight bench. Lean forward, supporting yourself with your hand. Hold the weight in your other hand with your arm hanging straight down. Pull the weight up until your upper arm is parallel to the weight bench. Return to the starting position. Repeat.



Incline Bench Pull

Major Muscle Group: Rhomboids (middle back)

Lie face down on a bench and place a weighted barbell at the level of your head. Grab the barbell and pull it up as if you are doing a reverse bench press. Remember to look up and keep your back flexed.

**Lying T-Bar Row**

Major Muscle Group: Rhomboids (middle back)

Other Muscles Worked: Biceps, Lats

Adjust the leg height so that your upper chest is at the top of the pad. Lay face down on the pad and grab the handles with palms up. Extend your arms completely to start. Slowly pull the weight up and squeeze your back at the top of the movement. Do not lift your body off of the pad. Return to the starting position. Repeat.

