

Bent Over Dumbbell Row



- Hold a dumbbell or similar weight in one hand, bending at the waist to the point in which your back is close to parallel with the ground.
- Help support yourself by placing your hand or resting your forearm on a stable object
- Without bending your elbow, squeeze your shoulderblades together, keeping your stomach muscles tight
- With your elbow as close to your body, your hand either palm facing in or behind you, pull your elbow as far up as possible.
- Do not twist, roll, or jerk the weight up, but move it slowly and under control.
- Return to the start position, repeat the movement the number of repetitions according to your goal and repeat on the other side.

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
