

## Muscle Group: Upper Back

### Machine Exercise: Biaxial Upper Back

#### Setting up the machine:



Lift the front of the seat for height adjustment. Seat height should be positioned so that the arms are horizontal while holding the handles.



Pull the pin to adjust the chest pad length. Position the chest pad so that the arms can just reach the handles while leaning into the chest pad.

#### The Exercise



Grasp the handles with a pronated grip with the palms facing down. This will be your starting position.



Pull the handles towards your torso, retracting your shoulder blades as you flex the elbow. Pause at the end of the motion, and then slowly return the handles to the starting position.

## Muscle Group: Upper Back

### Free Weight Exercise

#### One-Arm Dumbbell Row



Place the right leg on top of the end of the bench, bend your torso forward from the waist until your upper body is parallel to the floor, and place your right hand on the other end of the bench for support.



Pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side and keeping the torso straight. Concentrate on squeezing the back muscles so that the force is performed with the back muscles and not the arms.

#### Bent Over Barbell Row



Holding a barbell with a pronated grip (palms facing down), bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Keep the head up.



While keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause.