

# INCREASE YOUR BACK POTENTIAL

A lean, muscular back requires time under the iron. You get the results you want by working hard and efficiently on the basic compound moves. If you want more size, lift often and go heavy; for better endurance and fat loss, decrease the time between sets.

## 1. V-HANDLE PULL-UPS

Place the v-bar handle over the top of the pull-up bar using a neutral grip (palms facing each other). Slowly pull yourself up as far as possible, moving your head to the side to avoid hitting the bar. Pause and slowly lower yourself. Use a full range of motion on every rep. Don't swing your body to assist you getting up, this is cheating! Control your body throughout the movement; don't let your body drop. For advanced muscle stimulation, use a chain waist belt and add weight by hanging a dumbbell or plate from the chain.

## 2. WIDE GRIP SEATED ROWS

Use a neutral grip handle pictured here. Lean back, knees bent, keeping your spine straight to take the weight off the stack. Your shoulders should be back, chest up, and your arms fully extended, stretching your lats. Slowly pull the bar in towards your stomach, squeezing your shoulder blades together at the top of the movement. Pause and slowly lower the weight back to the starting position. Only your arms should be moving throughout each rep. Don't allow your shoulders to come forward, or use your legs/waist to move the weight back. Avoid letting the weight stack drop fully until you've finished the set. If you lean back past ninety degrees to finish the movement, you are using too much weight. Finish off with some hyperextensions.

A thick, lean, muscular back packs appeal! Always remember that what's behind you is in front of someone else! Train hard.

Model: Jose Alvarez

### EXERCISE

1



### EXERCISE

2

