

Pack Your Back With Muscle

Your back muscles comprise the second largest set of muscles, after the legs. Putting some serious effort into training your back will pay off huge dividends whether you are looking to burn a large number of calories, better fill out your shirts, condition your body for functional strength, or even to fix your posture from tight pecs. To maintain muscular balance, back to chest, do 2 exercises for back for every 1 for your chest.

Pulldowns to the front are a standard in back training but many still perform this exercise incorrectly. Grip the bar shoulder width or wider. Use straps if you have a weak grip and keep your knees wedged under the pad. Stretch your arms and lats up while keeping your hips in the seat. Arch your chest towards the bar as you pull the bar to meet the upper pecs. Pause at the bottom of the movement on lighter sets and squeeze your back. If you have no flexibility problems bring the bar down and touch your upper chest. Do 3 sets of 10-15 reps. Add variety to workouts by changing handles and grips.

T Bar Rows wide & narrow can be executed on a standing or lying T Bar machine. The lying machine is low back friendly. Take a wide grip on the bar with arms fully extended; pull the bar towards your torso. Squeeze your shoulder blades together and flex your back muscles at the top, without raising your traps towards your ears. Do 10 reps and immediately switch to the narrow grip without rest, keeping your elbows close to your torso. That's 10 reps wide and 10 reps narrow as one set. Use full range of motion.

Always use a variety of vertical and horizontal movements and pack it on!
Train hard😊