

Your Exercise Routine: Bent Over Row

The next exercise we're going to complete is called a Bent Over Row. As with a standing row, we're going to be strengthening our back muscles.

For this exercise we need a tool, and our tool today is going to be a hand weight or dumbbell, which you can purchase for a small investment at either a discount store, a department store or a sporting goods store. You may want to consider using objects from around the house as you get started. You might want to use a can, and then as you get stronger, a water bottle on up to a water jug.

The way we do this exercise: We're going to stand with our feet about 2 to 3 feet apart. We're going to put one foot in front. For me today, I'm going to put my right foot in front and I'm going to hold the weight in my left hand.

I'm going to lean into my front leg a little bit bending my knee, maintaining a straight alignment between my head and my back foot. I'm leaning forward probably about 10 degrees.

I'm holding the weight down. My chest is out, but I'm going to keep my shoulders back and my belly button pulled in. I'm going to place the weight at an angle down in front of me - not straight down, but at a slight angle.

And then to execute the exercise, I'm going to pull the weight up, squeezing my shoulder blades back and then lower the weight back down. I'm going to pull up ... and squeeze ... and then lower it back down.

Now as with our other exercises, we're going to complete about 10 repetitions and then we're going to take a break. Then we're going to do this exercise routine on the other side of the body.

Keep the elbows close in. And as with our other exercises, you want to make sure you're not swaying backward or forward in the movement pattern.

You have 2 more to complete ... last one. That was very good. Good job.