



Weighted supine row

This exercise targets the back area it is typically performed without added resistance although an additional weight can be placed on the stomach. Resistance can be reduced by raising bar and positioning heels on floor

Step 1

Lay on back under fixed bar. Grasp bar with a wide overhand grip.

Step 2

Place back of heels on elevated surface.

Step 3

Keeping body straight, pull body up to bar.

Step 4

Return until arms are extended and shoulders are stretched forward. Repeat for 12 -15 reps.

