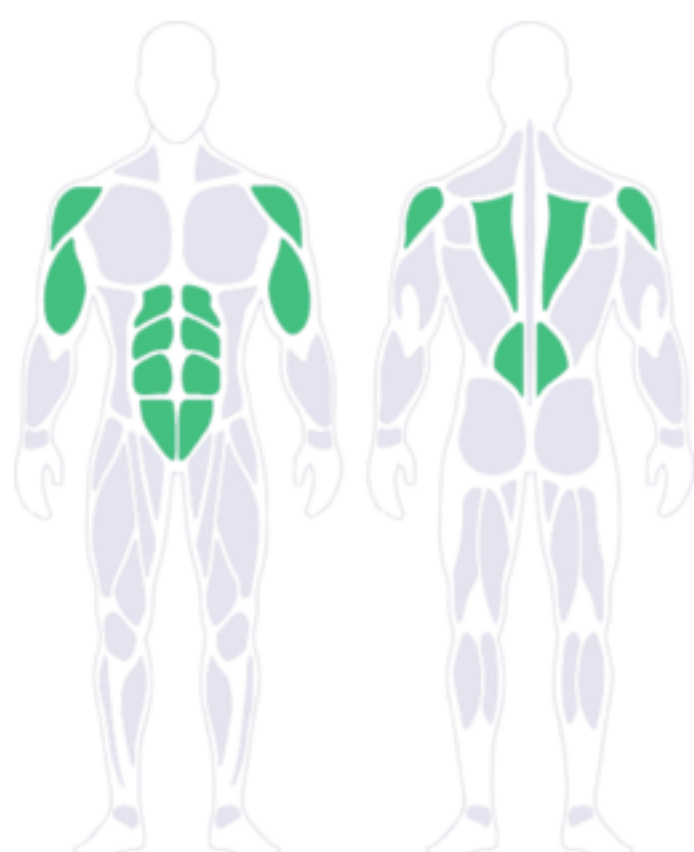
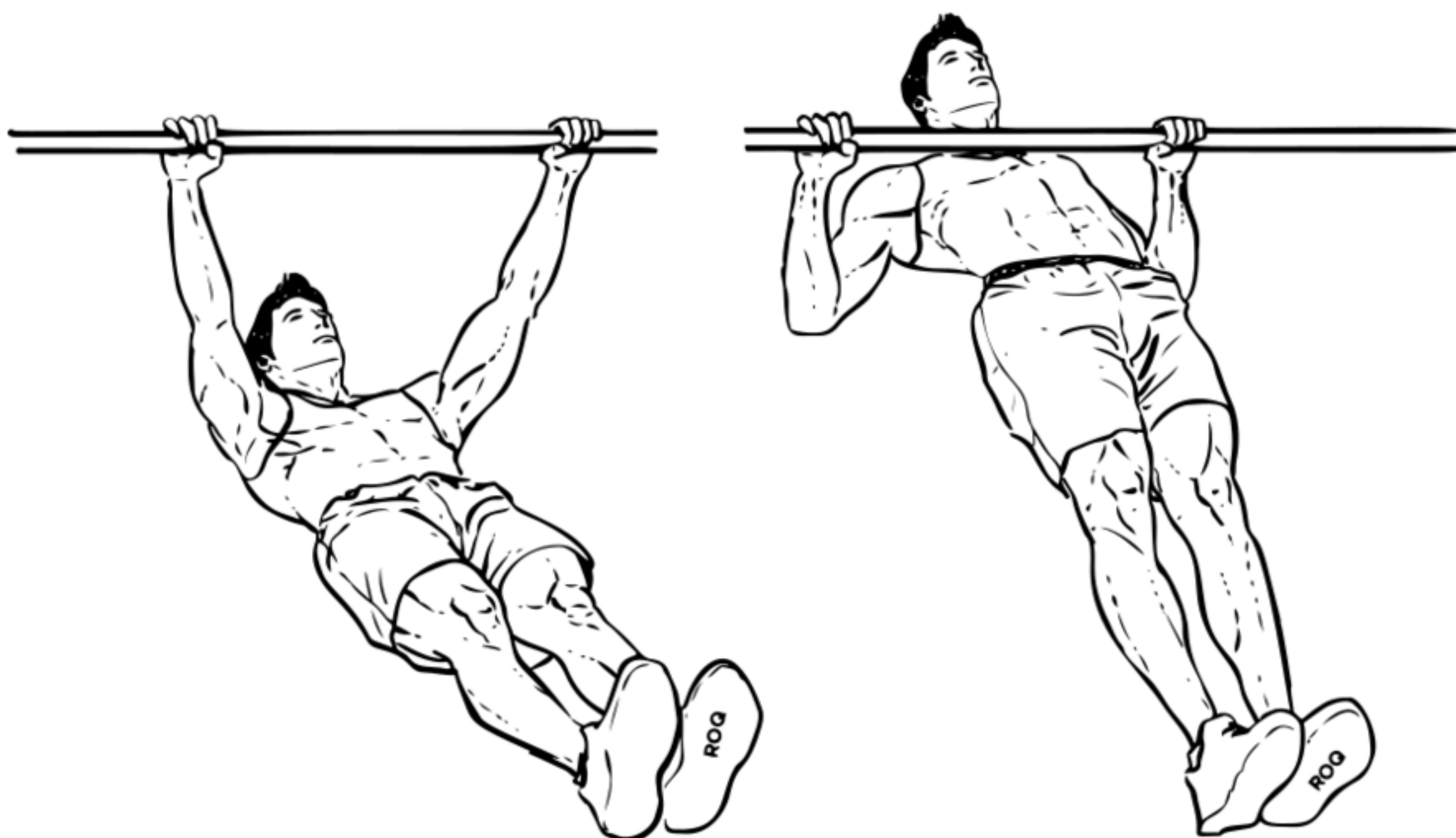


## EXERCISES TO TRY

# Inverted Rows



Primary muscle group(s):

**Lower Back, Upper Back & Lower Traps**

Secondary:

**Abs, Biceps, Shoulders**

Set the bar to your waist height.

Lie on your back under the bar.

Reach up and grip the bar with an overhand grip with both hands.

Keeping your body straight, pull yourself up towards the bar by pulling your elbows as far back as you can and trying to touch the bar with your chest.

Hold and squeeze your arm and back muscles.

WL

**Follow the link for more! >**