

EXERCISES OF THE MONTH

May 2021

Seesaw Bentover Row

With a kettlebell in each hand hinge at hips parallel to the floor. Simultaneously extend one arm while rowing the other to your side and continue extending and rowing. Select weight and repetitions, substitute dumbbells if kettlebells not available

Lat Pulldown

Sit at lat pulldown machine with legs and feet secured, grip the overhead bar with both hands slowly pulling it down while squeezing your shoulder blade back. Pause when bar is at chest level then have the bar pull back up until you feel a stretch in your back and then repeat. Works upper back and lats

Upright Row

Use preacher curl bar with a close grip (palms down) elbows to the sides and pull bar up close to the chest and squeeze traps and shoulders as it reaches collarbone height. Use set barbell (30, 40lbs etc.) or shorter bar if preacher bar is not available

Bridge

Lie on back with knees bent and feet and arms flat on the ground. Squeeze the muscles on your backside, push through your heels raising your hips off the ground until your body forms a straight line from your knees to your chest. Pause then lower your hips back to the ground and repeat. Isolates & strengthens your butt and hamstrings