

BACK EXERCISES



***Wide back, V-Shape, big lats..
The Back is where it's at!***

STRENGTH TRAINING BLUEPRINTS

BACK EXERCISES

The exercises contained in this manual have been selected from the transcripts of the entire catalog of 185+ strength training exercise videos.

They have been organized into this category of BACK EXERCISES for easy reference.

This publication provides the narrator's transcripts from exercise videos identified in the program relating to the athletes back.

The Narrator of these videos, The Publisher and Author of this publication, The Sales Agents and/or The distributors of this program do not intend with this publication to treat or diagnose any health condition, and/or replace any advice given to those to whom this publication is read from a licensed health care physician.

The Narrator, Publisher, Author, Sales Agents and/or Distributor of this program further disclaim any personal liability, loss or risk incurred as a consequence of the use and application, either directly or indirectly, of any advice, information or methods presented herein.

Disclaimer:
Consult with your health care doctor before starting
this exercise program.

Copyright 2012. All rights reserved.
No part of this manuscript may be reproduced by any means without the
express and written consent of the administrators of this program.



Dennis Santos

Trainer, Coach, Lecturer
Mr. El Salvador 2012 National Champion
Heavyweight Bodybuilder

Dear Friend,

Thank you for signing up for my free personal training videos. It is my sincere desire to help you achieve your fitness goals.

The videos that you are about to see were taken from my Workout Video Library, a collection of over 185 different exercises that I have put together over the past few years. While I don't claim to know everything, I have come across more than my fair share of great exercise information that not only do I personally use myself, but information that I actively share with the many others I train on a weekly basis.

I think you will find the videos filled with both common sense information about weight training along with some valuable insights that you may not have heard before on how not only to perform an exercise the right way, but also how to avoid performing it the wrong way.

While the videos you have are only a very small sampling of my Workout Video Library, I have went ahead and included the entire table of contents from this particular *Back Exercise* category so that you can get an idea of the number of exercises that I have to share with you regarding this body part.

Once you start to implement some of these strategies contained in these videos, I am certain that you will gain a newfound appreciation for working out that will help take your fitness experience to new levels of success.

I also have hundreds of other videos that I hope to share with you in the near future as well. Videos from my nutrition seminars, basic workout strategies as well as my own personal Arnold Classic Bodybuilding Countdown series in which I documented 12 consecutive weeks of contest preparation are just waiting for you.

I hope to hear back from you regarding these videos, so please leave me a comment or question on this webpage.

Yours in health,

Dennis Santos

Exercise #	Exercise Name	Page #
1	The Lat Pull-down	1
2	The K-Row	2
3A	The Close Grip Pull-down Facing Toward The Machine	3
3B	The Close Grip Pull-down Facing Away From The Machine	3
6	The High Rope Pull	7
10	The Straight Arm Lat Pull Down	11
11	The One-Arm Dumbbell Row	12
12A	The Dumbbell Pull-over With Emphasis on the Lats	13
18	The Dumbbell Rack Pull	22
31A	The Back Row	37
31B	The Combination Of A Dead Lift With The Row	37
32	The Underhand Grip Barbell Row	39
33	The Dead Lift	40
35	The Swinging Row	43
36A	The T-bar Row	44
36B	The One Arm Barbell Row	44
39A	The Pull-Up	50
39B	The Pull-Up Using A Spotter	50
40A	The Pull-Up With A Neutral Grip	52
40B	The Pull-Up With An Underhand Grip	52
41	The Hyper-extension For The Back	54
43	The Dumbbell Row Performed Right Before A Hyper-Extension	56

EXERCISE #6

The High Rope Pull

The next exercise is going to be an exercise that I would personally recommend as part of a super set, but it's a great standalone as well. It's going to focus on the rear delts. The rear delts are really an interesting part of the shoulder complex because the rear delts sometimes don't get enough focus. They get overpowered by all the strong muscles of the upper back. So it's great every once in a while to isolate them. It brings balance to the shoulders.

There are a lot of times where this is what determines whether you can avoid an injury in the shoulders, or you have an unbalance of the shoulders that could eventually cause some injuries. So this is what I call the high rope pull. In this motion, just like we covered in the K-row, you're going to create some distance between you and the bench with one foot up on the bench. The exception is we're not going to be pivoting at the hips here. We want to keep strict form here, and keep the angle of the hips consistent throughout the motion. And what you'll see here is that Eric is getting a full range of motion. He's stretching the rear delts at the top of the movement. And then at the bottom of the movement, he's splitting the rope and **driving the center toward his forehead**. That's very important. The other thing you want to consider when doing this exercise is to **keep your elbows high**. See Figures 6a and 6b.



Figure 6a. Starting position.

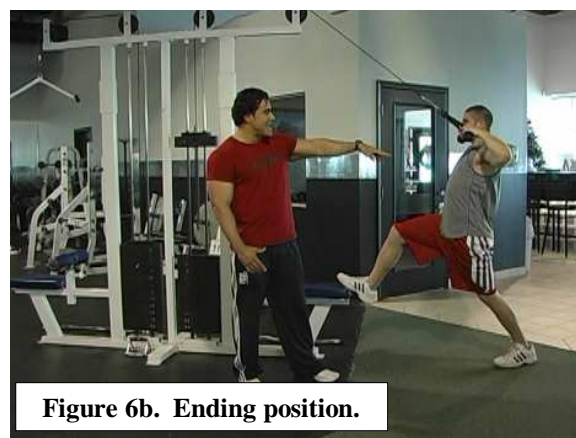


Figure 6b. Ending position.

We're going to do one the wrong way. When you pull and bring your elbows down, now you're working the muscles on top of the scapula – the rhomboids and all those other muscles – even to some extent the lats. The higher you go with your elbows, the more you keep your lats out of the movement, and the more you focus and isolate the rear delts. See Figures 6c and 6d.



Figure 6c. Starting position.



Figure 6d. Ending position.

I mentioned that this would be a great part of a super set. What I would super set this with are rear delt raises or bent-over dumbbell raises. We'll cover that later, but this is a great movement to really add a finishing cap in the rear part of the shoulder. This is the high rope pull.

EXERCISE #36 A & B

36A - The T-bar Row

The next exercise is another great exercise. One of the old school movements for the back and it's the T-bar row. Now this row is interesting because you can really pound the weight. The movement is actually a pretty small movement because you are limited in how far up you can bring your hands because the plates will be in the way but it's still a great movement especially in developing that thickness in the mid back.

So we are still working the lower back. We are still having to contract and keep an isometric contraction there and we are still definitely working the traps and the muscles of the upper back. But I find that this seems to target or put a little more emphasis on the mid back, the lats and the muscles surrounding the mid back. So we are going to first do the T bar row and then I will show you a variation, a one-handed T bar row if you will that I think is a really nice addition and really adds a lot of variety to a back workout.

So let's get started with that one. So the thing to remember here is as you are driving the bar up into your mid section, you don't want to be so far back that the weight or the plate comes and hits you anywhere around the chest. It really needs to come up to about the upper ribs or the bottom of the sternum. So you will see that here in a second. See Figures 36a and 36b.



Figure 36a.



Figure 36b.

Again you see how it's coming up to about the sternum and the reason for that is because if we travel with the bar and the weight into the chest and move back a little bit, what's going to end up happening is you see the bend in the elbows, that is all biceps work. This really puts his lower back in a vulnerable position so what we want to do is bring it right to the sternum or below and again you notice completely straight in the back and that is the T bar row.

36B - The One Arm Barbell Row

So the variation which we will perform with one arm really helps in developing each side equally and this is a one arm barbell row or if you want to call it one arm T bar row, that's fine but basically what we are doing here is the same thing except we are having to balance a little more. There is more core because the weights are on one side completely and you are having to focus a little more on keeping your back absolutely straight. In other words, not letting one shoulder dip below the other. So let's see that. Same things apply, you don't want it coming up close to your neck and you notice here it's coming right to about the side of the sternum. See Figures 36c and 36d.

So this is another great movement and it really targets the lats tremendously. This is the T bar row and the one arm barbell row; great movements.



Figure 36c.



Figure 36d.