

Back Exercises

BY

KARMIC INSTITUTE

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Paradise Nutrition Inc.

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BACK EXERCISES

UPPER BACK

Trapezius Exercise / Shrug Exercise - The best way to Build Trapezius Muscles



Along with Upright Rows, Shrugs help build massive traps. Shrugs can be done with extremely heavy weights making your traps look huge and create a full neck.

Purpose:- To Build Muscle Mass in trapezius

Execution Technique:- This exercise is using dumbbells or a barbell. Dumbbell Shrugs will give better range of motion.

Steps.

1. Stand upright with a dumbbell in each hand. Let hands be on sides.
2. Raise your shoulders without bending elbows as far as possible getting them closer to ears.
3. Release and return to start position.

Points to remember

Go as high as possible

Go full range.

Move only shoulders and keep rest of body steady.

Chin Ups - Wide and Narrow grip chin ups to better lats using chin up bars



Chin ups are the best exercise to build sweeping upper **lats**. Check how to do chin ups and build a wide upper back and develop the entire shoulder girdle with this amazing exercise.

Wide and Close Grip chin ups have remained the gold standard exercise for developing a strong muscular upper back. Nothing compares to it.

If you are looking for the best mass builders in the entire shoulder girdle, lats and arms then there is no excuse for not doing Chin Ups.

Purpose:- To Build Upper back and create a full sweep in the lats.

Though upper lats are stretched to maximum, the entire shoulder girdle gets a great workout.

Execution Technique:- Chin ups are performed using a chin up bar found in any gym. Also any bar at home which can hold your weight serves this purpose.

Grips:- This exercise can be performed using wide grips and narrow grips as well as pulling to the front and the back.

Steps:-

1. Hold a chin up bar with overhand grip and hang from the bar.
2. Now pull yourself up bringing your chest up to the bar.
3. At the top of the movement hold for a moment.
4. Now go all the way down, getting a good stretch at the bottom of this exercise.

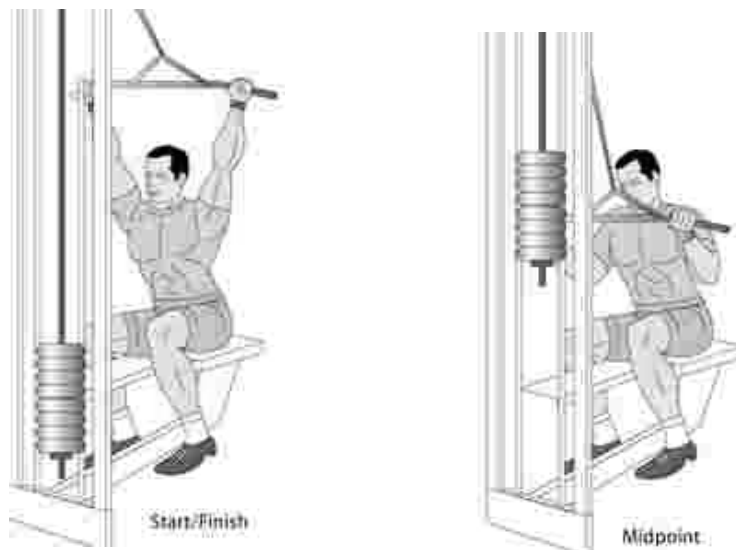
Perform as many reps as possible for 3-5 sets. If you find it difficult to do chin ups then perform assisted chin ups but never skip this exercise. On the other hand if these chin ups are too easy for you, do weighted chin ups holding a dumbbell hanging for your feet.

Points to remember

- Exhale while you exert. { While moving up here }
- Go full range of motion.

As you are doing chin ups against gravity using your own body weight the lats are worked real good. It will stimulate last like no other exercise. So put your head down and work.

Lat Pull downs Exercise to widen your lats



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If you are looking for wider lats then **Lat pulldowns** will help you do just that. It's a great complementary exercise to chin ups and is widely used by fitness trainers to build bigger lats.

Purpose:- To Build and widen the Upper lats.

Though Lat Pull downs is a great way to build upper lats it should never replace Chin Ups as the number one muscle mass builders when it comes to upper back.

Execution Technique:- This exercise is performed using a Lat Pull down machine.

Grips - This exercise can be performed using wide grips and narrow grips as well as pulling to the front and the back.

Steps:-

1. Hold the Lat pull-down machine bar with an overhand grip, hands slightly wider than shoulder width apart and sit on the machine seat. Lock your knees under the support. At this point your arms are fully extended, stretching your back muscles.
2. Now keeping your upper back straight pull the bar down bringing it up to the chest. As you pull down squeeze your shoulder blades together and feel back muscles contracting.
3. Perform this movement using your upper lats and use the arms merely as a lever between bar and lats.
4. Now release the bar with controlled motion and stretch your lats as much as possible.

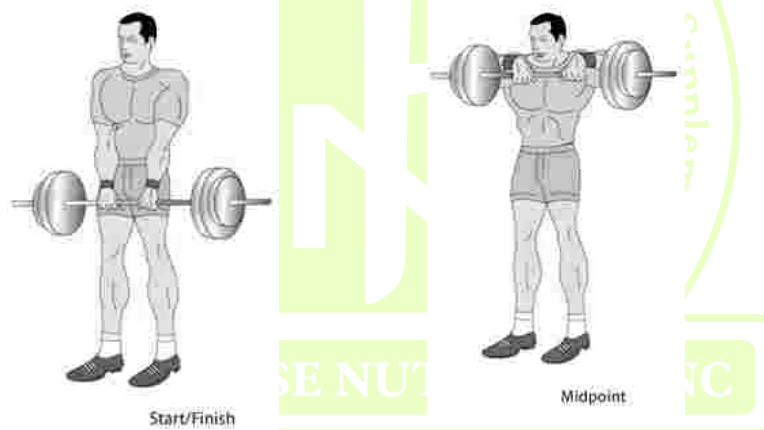
Points to remember

- Exhale while you exert. { While moving up here }
- Go full range of motion and concentrate on you back muscles doing the major work.
- Avoid rising yourself from the seat.

- Perform the lift in a slow, controlled manner without using momentum. Remember NO MOMENTUM at all costs as it reduces the stress and gives poor results.

Inability to feel their back muscles during lat pull-downs is a common complaint I hear from people. This is because of the fact that back muscles are difficult to train as they are not visible and target muscles difficult to be targeted. This can be overcome with concentration {mind-muscle connection } and correct lifting technique as mentioned above.

Upright Rows to Build Traps and Deltoids



Heavy Upright Rows is an excellent exercise to Build huge Trapezius muscles and create that delto-pectoral separation bodybuilders crave for. Check the Barbell and Cable Upright Rows.

Purpose:- To Build Muscle Mass in Trapezius Muscles.

Heavy Upright Rows along with Shrugs build massive traps.

Execution Technique:- You can use either a Smith Machine, Free weights or Cable to perform Upright Rows.

Grips:- Upright Rows can be done with both narrow grips and wider ones. The narrow grip focuses on Trapezius and wider focuses on entire shoulder girdle. Also the wider grip allows some cheating movement thereby allowing you to lift more weight.

Steps:-

1. Hold a bar with a narrow overhand grip and let it hang in front of you.
2. Lift the bar and get it as close as possible to the chin using your arms and elevating your shoulders to squeeze your trapezius muscles.
3. Now lower the bar under controlled motion until it comes back to starting position.

Points to remember

- Remember exhale while you exert.
- Keep a controlled motion and avoid jerky movements
- Keep your back straight.

Cable Upright Rows:- Cable Upright Rows are an excellent variation wherein you use a cable instead of Barbell. The stricter form and constant resistance makes this exercise more effective.

LOWER BACK

Deadlifts Lower back exercise - The Ultimate Muscle Building Exercise



Deadlifts is the undisputed King of all exercises. This power Exercise involves almost all muscles and is sure to give you an amazing **Muscle Building** & weight training workout.

Purpose:- To Build a a strong muscular Lower back.

If you want to do one exercise to work your whole body including Lower back, upper back, triceps, legs and buttocks then it should be heavy **Deadlifts**. It's the King of all exercises, a power exercise designed to build overall physique which uses more muscles than any other exercise.

Deadlifts is the best exercise for posterior chain muscle strengthening. This chain includes erector spinae, glutes and hamstrings. It is also the biggest Muscle Builder [other than squats] recruiting more muscle motor units than any other exercise. And lower back is the most important muscle of your body and for good reason - Stability.

And since Deadlifts is a closed chain exercise the chances of injury are negligible. Way to go deadlifts but performed incorrectly, deadlifts can cause more harm than good. Follow the steps and points to remember section to stay injury free.

Execution Technique:- This exercise can be performed using either a barbell or a pair of dumbbells. You can go real heavy on this exercise.

Grips:- This exercise can be performed using shoulder-width apart grip. One hand in overhand grip and the other hand underhand. In dumbbell deadlifts, the dumbbells can be held on the sides.

Warm Up and get prepared:- A good warm up is essential to prepare your muscles for the oncoming onslaught. Remember deadlifts are very taxing on your entire body, arguably more than any other exercise.

Steps:-

1. Place a barbell loaded with weights in front of you.

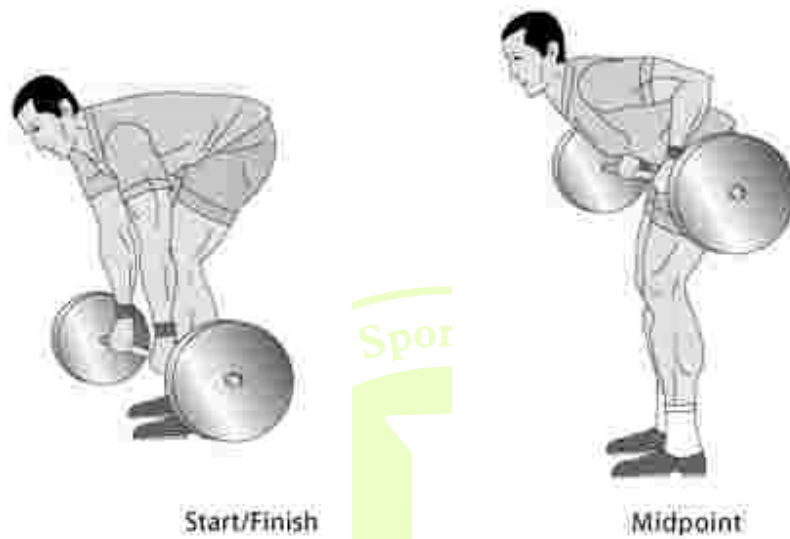
2. Now grab the barbell using an underhand grip with one hand and overhand grip with the other hand. Remember to keep your back as straight as possible and contract your back and hamstrings.
3. Now raise the bar from the ground using your hamstrings and glutes.. You should keep your legs slightly bent, back straight and head looking up. The initial movement is to be provided by your heels and not toes or elbows.
4. Raise it to the point where your body is erect. Do not hyper extend your body as the weight shifts to the lumbar spine. Hold the bar for a moment at the top of the lift and remember to lock out. Complete the lift and do not go only half way through.
5. Now lower the bar slowly at a steady slow pace by bending at the hips first and then at the knees and let the weight touch the ground for a moment before you begin the next rep. Perform 3-5 sets of heavy deadlifts only once a week. Lower back muscles take long to recuperate and hence once a week heavy Deadlifts will do the job.

Points to remember

- Exhale while you exert. { While moving up here }
- Go full range of motion and keep form correct.
- Avoid jerky movements and do not let gravity hasten the lowering motion. Keep it controlled.

Keep the back straight at all costs. Rounding your back will shift the load from glutes and hamstrings to lower back muscles and ligaments which is not desirable due to potential injury risks. If you keep your back rounded instead of straight you risk inter-vertebral disc injury.

Bent Over Barbell Rows - Upper Back Exercise



If you are looking to strengthen the upper back and add massive muscle to upper back region then **Bent over Barbell rows** is the best upper back exercise.

Purpose:- To Build Muscle Mass in Upper Back

Execution Technique:- This exercise is using a Barbell loaded with weights.

Steps:-

1. Stand with a narrow stance and grab hold a bar with overhand grip.
2. Bend down with knees slightly and let the bar hang in front of you.
3. Now use the back and raise the bar until it touches the abdominal region and NOT the chest region as it reduces back muscle contraction.
4. Lower the bar under control to starting position.

Points to remember

- Exhale while you exert.
- Do not use more weight than you can handle. This fatigues your spinal erectors and say goodbye to form then.
- Use wrist straps if applicable to reduce biceps involvement.
- Perform good 1-2 sets warm ups.

Bent Over Rows Variations

Bent over Dumbbell Rows

Dumbbells allow extra squeeze at the top and a greater stretch at the bottom.

Execution Technique:- Here a pair of Heavy Dumbbells replace the barbell.

Steps:-

1. Grasp a dumbbell in each hand and bend forward with knees slightly bent.
2. Now lift the dumbbells to your sides as far as possible.
3. Now lower the weights to the starting position

Dumbbells add a variation and hits in a different angle and therefore you can perform this exercise to spice your routines sometimes.

Hyperextensions Exercise for back



Hyperextensions exercise directly hits the erector spinae muscles building a strong back.

Purpose:- To Build the lower back Spinal erector muscles.

Execution:- This exercise is done on an hyperextensions Bench/Roman Chair.

Steps:-

1. Lie facedown on an Hyperextensions bench and hook your legs under support. Let your body be parallel to the ground.
2. Clasp your hands on your chest [or behind your neck] and bend down through your waist until you reach a 90 degree bend.
3. Return to the start position but avoid extending beyond the body level.

Points to Remember

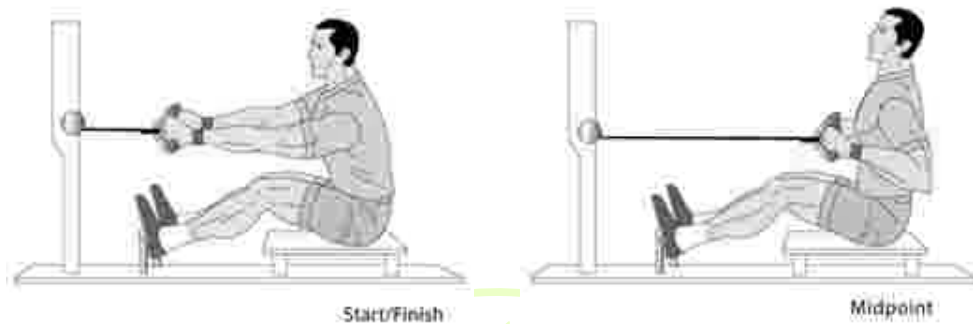
- Exhale while you exert. Its very important to contract the muscles under tension, in this case lower back erectors and hamstrings.
- Avoid hyperextension beyond the body level.
- Keep movement always under control without letting gravity taking you down faster.

Making Hyperextensions difficult.

You can also hold a plate to your chest or behind the head for additional resistance if the exercise becomes easy and you can do a lot of reps.

MIDDLE BACK

Seated Cable Rows Exercise to build middle back muscles



Seated Cable Rows is an Excellent exercise to build middle back muscles. It can be done with wide and narrow grips.

Purpose:- To Build the Upper/Middle Back Muscles.

This works on Lower lats as well.

Execution:- This exercise is done on a Cable rowing machine with separate handles.

Steps:-

1. Sit on a Seated Cable Pulley rowing machine with legs slightly bent and feet supported against the crossbar.
2. Take hold of the handles with your arms extended and back stretched.
3. Pull the handles so that they come as close to the lower chest/abdomen as possible.
4. Thrust your chest out while pulling with your body in upright position.

Common Mistakes

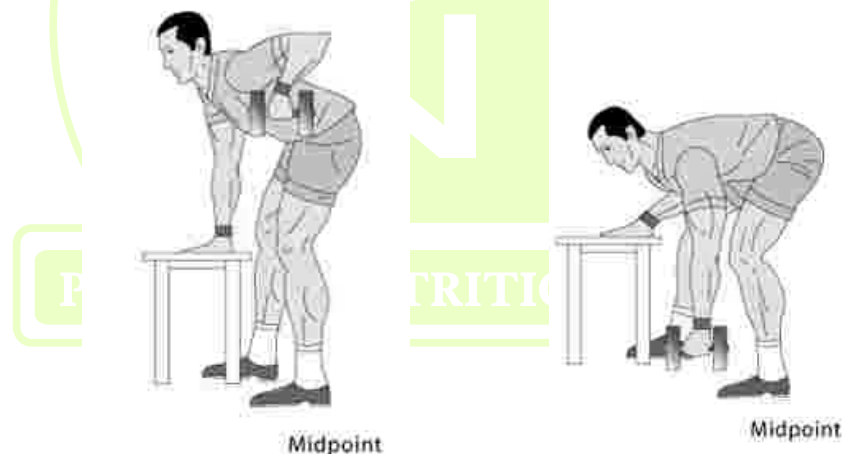
- Working with straight knees - Keep your knees slightly bent to avoid lower back pressure.
- Working with a rounded back - Remember a rounded back is a wrong back. Keep it straight at all times. An easier way is to contract your abdominal and lower back muscles.

- Moving upper back back and forth - Since your aim is to work your upper back area, isolation becomes efficient when you keep your upper back stationary.

Points to Remember

- Exhale while you exert.
- Keep motion under control.
- Use back muscles to do most of the work and use hands just as a link between the handles and back muscles.
- Pause briefly when the handles are close to chest and squeeze your upper back muscles bringing the scapulae closer.

One Arm Dumbbell Rows Exercise to build lats/back muscles



One Arm Dumbbell Rows is an excellent full range exercise to build the lats muscles.

Purpose:- One Arm Dumbbell Rows helps to work on each side independently, thereby better muscle isolation and longer range of motion. Its a favourite among bodybuilders. Its an excellent alternative to Barbell rows.

Execution:- This exercise is done with a heavy dumbbell with your body supported by a bench.

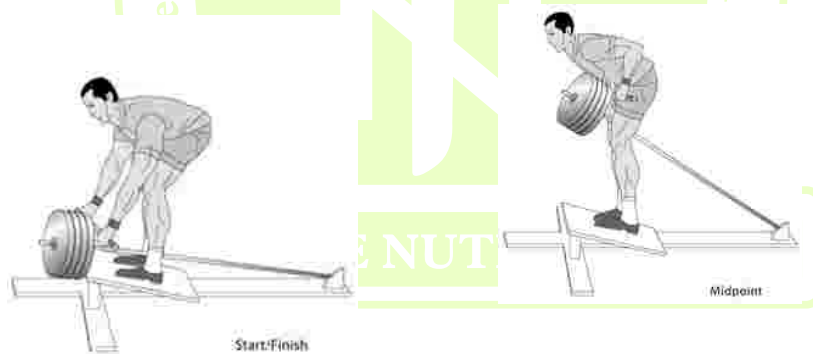
Steps:-

1. Bend forward on a bench with your one leg and arm placed on the bench as shown in the picture.
2. Lift the dumbbell up your side using your back muscles rather than the arm.
3. Lower the dumbbell as low as possible feeling a good lats spread.
4. Repeat on the other side.

Points to Remember

- Exhale while you exert.
- Keep motion under strict control for better isolation.

T Bar Rows Exercise to Build Middle back muscles



T bar Rows is a Power exercise to build middle back muscles. Check the correct execution technique and blast your back muscles.

Purpose:- To build middle back muscles. It also works on the outer lats when done with a narrower grip.

Execution:- T bar rows is done on a T bar machine.

Steps:-

1. Standing on a T bar machine grasp its handles with an overhand grip. Keep your feet together and knees slightly bent.

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2. Lift the bar until the bar touches your chest keeping the back straight.
3. Now slowly lower the bar until it nearly touches the ground.

Points to Remember

- Exhale while you exert.
- Avoid hunchback bending as it leads to Injury.
- Go Complete range of motion.

T bar rows is a tough exercise, but building a strong back is a must to develop a quality physique, stay injury free and back pain free for life.

