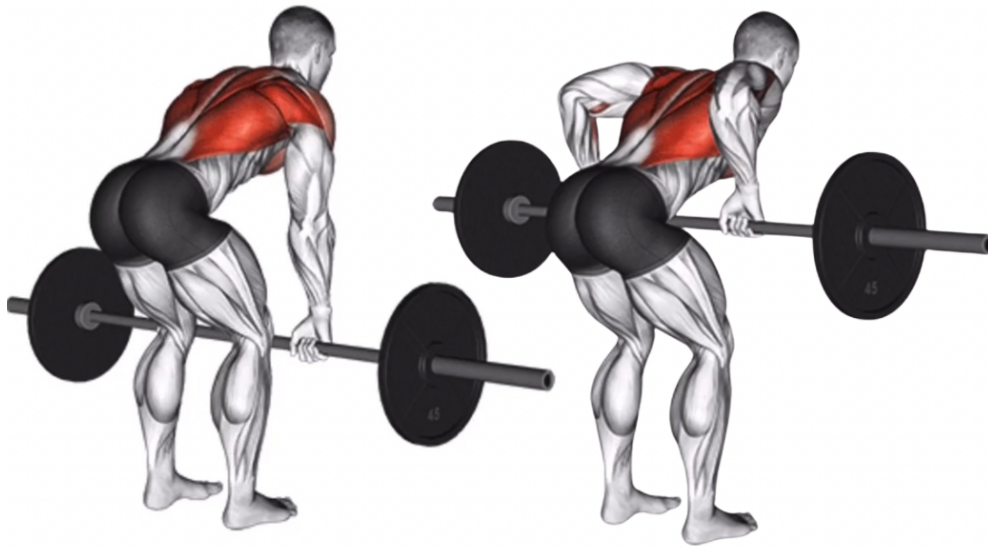


## HOW TO PERFORM A BARBELL BENT OVER ROW

### **MUSCLES WORKED**

LATS, MIDDLE & LOWER TRAPS,  
RHOMBOIDS AND POSTERIOR  
SHOULDER



1. Load a barbell, making sure to choose a weight you can control. You can set up on the floor using bumper plates to raise the barbell, or on a squat rack using the safety arms to raise the bar.
2. Adopt a hip width stance and deadlift the barbell up, making sure to engage your core and maintain a neutral spine. An underhand grip targets the biceps more, while an overhand grip works the lats more.
3. Hinge forward by pushing your hips back until your torso is at a 45-degree angle to your thighs.
4. Taking a deep breath in, brace your core, and row the bar towards your belly button. It can be helpful to think about bending at the elbows and pulling them back towards your hips.
5. Slowly return the barbell to the starting position by allowing your arms to extend in front of you.
6. Once the set is complete, push your hips forwards to stand tall before deadlifting the bar back onto the floor. Safety first!!!

## **COACHING TIPS:**

Performing the bent over row with correct form is important to target the intended muscles and reduce risk of injury, as the hip hinge set up exposes the lower back to injury risk. Before attempting the bent over row, work on your hip hinge position with body weight to get the correct positioning – you should feel most of the weight in your hamstrings and glutes rather than in the lower back.

Experiment with head position and see which option (looking forward vs. packing the neck) works better for you.

If you are unable to row the weight up with control, and find yourself having to throw the weight up, it's likely that the weight is too heavy. Use a weight that allows the barbell to be moved in a smooth, controlled manner.