



Workout Routine Sample

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Dumbbell Workout Routine for Back

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Workout Routine Snapshot

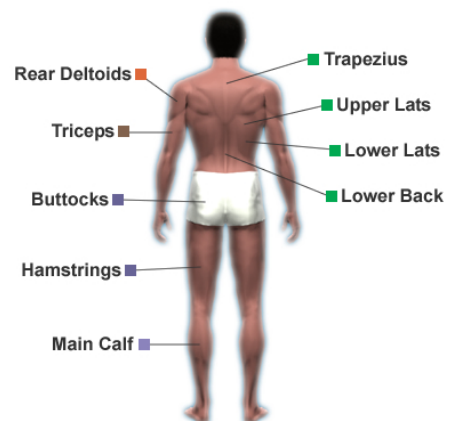
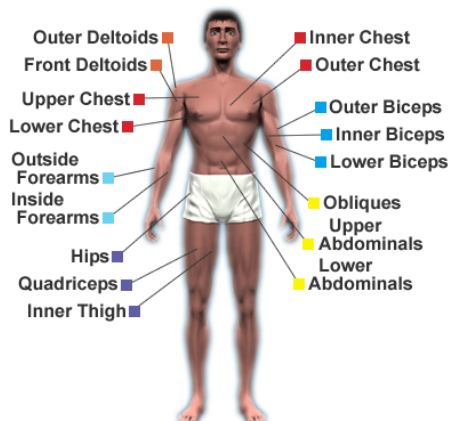
1 Workout Days


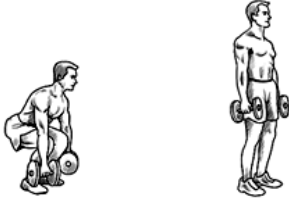
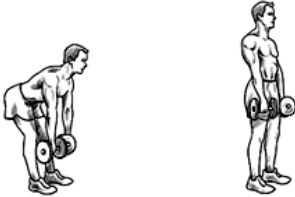
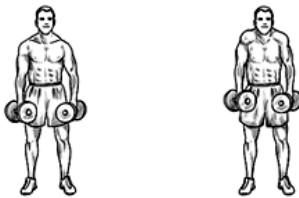
0 Cardio Exercises

4 Strength Training →

0 Stretching Exercises

4 ■ Back



	<p>■ Back Row (Dumbbells) - on Knee; One-Arm</p> <p>Secondary Muscles Biceps, Lats, Rear Deltoids</p> <p>Starting Position Put your left knee and hand on a bench and grab a dumbbell with your right hand.</p> <p>Motion Lift the dumbbell straight up while keeping your back straight and lower it back down after a short pause.</p> <p>Tips/Caution Breathe out while lifting the dumbbells and breathe in while returning to starting position.</p>
	<p>■ Back Deadlift (Dumbbells)</p> <p>Secondary Muscles Buttocks, Thighs</p> <p>Starting Position Crouch down in order to grab one dumbbell with each hand, palms facing each other.</p> <p>Motion Raise yourself up while keeping your arms extended and slowly lower yourself back down after a short pause.</p> <p>Tips/Caution Breathe out while raising yourself and breathe in while lowering yourself back.</p>
	<p>■ Back Deadlift (Dumbbells) - Stiff-Legged. Half Motion</p> <p>Secondary Muscles Hamstrings, Lower Back</p> <p>Starting Position Stand up and reach down in order to grab one dumbbell with each hand and hold them in front of your knees.</p> <p>Motion Raise your upper body until you are standing and slowly lower it back after a short pause.</p> <p>Tips/Caution Keep your back straight throughout.</p>
	<p>■ Back Shrug (Dumbbells)</p> <p>Secondary Muscles Trapezius</p> <p>Starting Position Stand up and hold one dumbbell with each hand in front of your thighs, palms facing your body.</p> <p>Motion Raise the dumbbells straight up by raising your shoulders and lower them back after a short pause.</p> <p>Tips/Caution Keep your arms extended throughout.</p>