



ELITE PERFORMANCE SERIES

# Strength & Power Training



## Bent Over Rows

### Purpose:

- **Strengthening the upper and lower back**

### Start/Finish position:

- Stand with knees slightly bent and with approximately a 45 degree forward lean in the torso
- Use an overhand grip on the bar with a comfortable shoulder width
- The arms are hanging straight down from the shoulders

**YES**    **NO**

  

  

  



### Phase I:

- Keep the back straight while pulling the bar to the lower chest
- Upper-body remains still throughout movement

  

  



### Phase II:

- Keep the torso still while lowering the bar to the start position
- Fully extend the arms

  

  



### Variations:

- Stand on one leg
- Stand on bosu (dome shaped balance device)