Barbell Bent Over Row

Select barbell. Stand with your feet hip distance apart and use an overhand grip on the barbell. Bend your knees and hinge forward from your hips. Keep your back flat and neck in alignment with your spine. Dangle your arms toward the floor.

Exhale and pull the barbell toward your abdomen. Squeeze your shoulder blades together at the peak of the contraction. Inhale and slowly release the weight back to the starting position.