Dumbbell Double Arm Bent Over Row

Select dumbbells. Stand with your feet together. Bend your knees and hinge forward from your hips. Maintain a flat back. Keep your head in alignment with your spine. Dangle your arms toward the floor. Face your palms toward each other as shown. Alternatively, turn your palms facing upward or downward.

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