

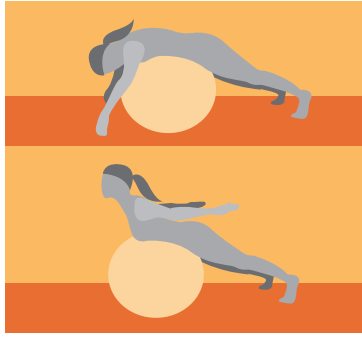
# FitSugar's Back Exercise Plan



## Lat Pull Down

Works: Lats, rhomboids, posterior deltoid

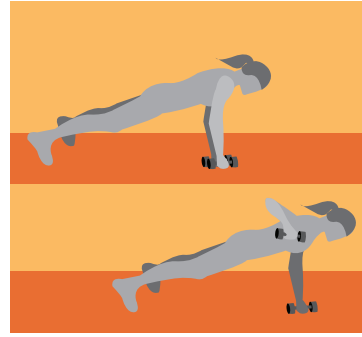
- Set machine to a challenging weight you can control.
- Hold bar with hands wider than shoulders with palms facing away from you.
- Exhale and pull bar down in front of body to about eye level.
- Inhale and control the bar back to start position.
- Do 2 sets of 12 reps



## Flying Back Extensions on Ball

Works: Back extensors

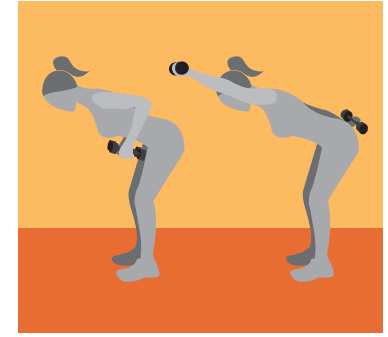
- Lie with your chest on an exercise ball toes anchored firmly on the floor about shoulder-width apart.
- On an exhale, extend your spine and arch while circling your arms forward up and around until they are even with your torso.
- Inhale and lower back down to starting position.
- Do 2 sets of 12 reps.



## Plank With Row

Work: Rhomboids, core

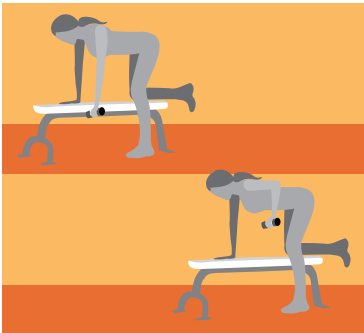
- Place your left hand under your sternum (breast bone). You can grip the extra weight (keep your wrist locked out) or spread your fingers wide on the ground. Make sure you are pressing your finger tips into the ground to protect your wrist.
- Open your legs wider than hip distance apart, you will need this wide base of support.
- Keep your abdominals lifting away from the ground. Pull your navel to your spine to activate your core!!!
- Reach through your heels to activate your glutes. They should be engaged but not squeezed together.
- Repetitions: 10 per arm, repeat for 3 sets



## The Boxer

Works: Lat, triceps, mid back

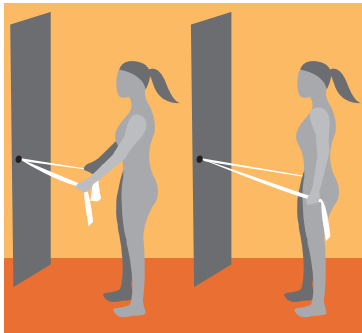
- Stand with your feet hip distance apart and bend your elbows back, keeping your upper arm even with your back and bring weights to your upper waist.
- Bend your knees, coming into a half squat; then bend forward creating at your hips so your spine is almost parallel to the floor.
- Simultaneously extend your left arm straight in front of you (palm down) and the right arm behind you (palm up).
- Bring arms back into waist and punch with right arms in front.
- Do 2 sets of 10 reps.



## Bent Over Row

Works: Upper back (rhomboids and mid-trap)

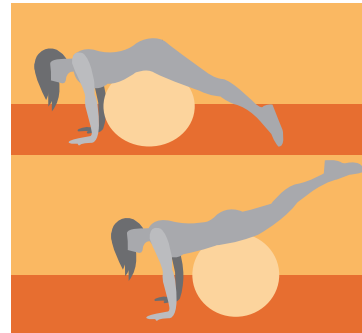
- Grab a dumbbell — weight depends on your level but it should exhaust your muscles by the 12th rep.
- Position your right knee and right hand on the bench so your back is parallel to the floor. Your left leg should be on the ground and your left hand should be hanging straight down — perpendicular to your body — holding the dumbbell.
- Using your left arm, lift the dumbbell straight up to torso level. Be sure to keep your elbow in and pointed upwards.
- Then slowly lower the weight back to the starting position (#1) to complete one rep.
- Do 2 sets of 12 reps on each side.



## Chest Expansion with Theraband

Works: Triceps, Posterior Deltoid (back of shoulder) and Lats

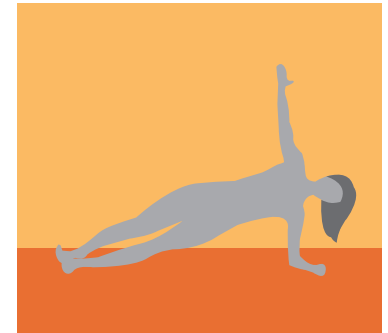
- Tie a medium resistance theraband securely around a doorknob.
- Stand about 18 inches from door, holding the ends of the theraband with palms facing in.
- Exhale, stabilize torso and pull bands bringing arms even or just slightly past your body. Hold this position for a few seconds.
- Inhale and return to starting position.
- Do 2 sets for 10 to 12 reps.



## Prone Leg Raises With Ball

Works: Back extensors, glutes

- Lie face-down on a stability ball with your arms bent slightly, abs tight, and legs straight.
- Keep your abs engaged, slowly lift both legs toward the ceiling.
- Pause for three seconds (or at least one second), then lower your legs back to the floor.
- Do 2 sets of 10 reps.



## Side Elbow Plank

Works: Lats, obliques, core

- Lie on your side, with your feet stacked on top of one another. Elbow under your shoulder.
- Press elbow into floor (hopefully it is padded) and lift your torso off the ground.
- Reach your top hand to the ceiling.
- Hold for 30 seconds, repeat twice both sides.



Back exercises brought to you by

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