

# Back Workout

Do you want to get rid of the stubborn back fat?

Well these 6 exercises will help and get your back looking and feeling fantastic.

## Dumbbell Lat Pullover

- **Sets: 3-4**
- **Reps: 10-12**

Lay on the floor legs at 90 degrees with your hands on the floor above your head holding a dumbbell or kettlebell, raise your hands to align with your chest and slowly lower back to start position.



## Single Arm Bent Over Row

- **Sets:** 3-4
- **Reps:** 10-12

Place your knee and hand on the object you are using, hold the weight in your opposite hand at arm's length, Pull the dumbbell/kettlebell up to your rib cage and lower back to start, that's one Rep.



## Bent Over Reverse Delt Raise

- **Sets:** 3-4
- **Reps:** 8-10

Bend knees slightly and lean upper body forwards, keep back straight always, start with weights at knee level knuckles facing away from you,

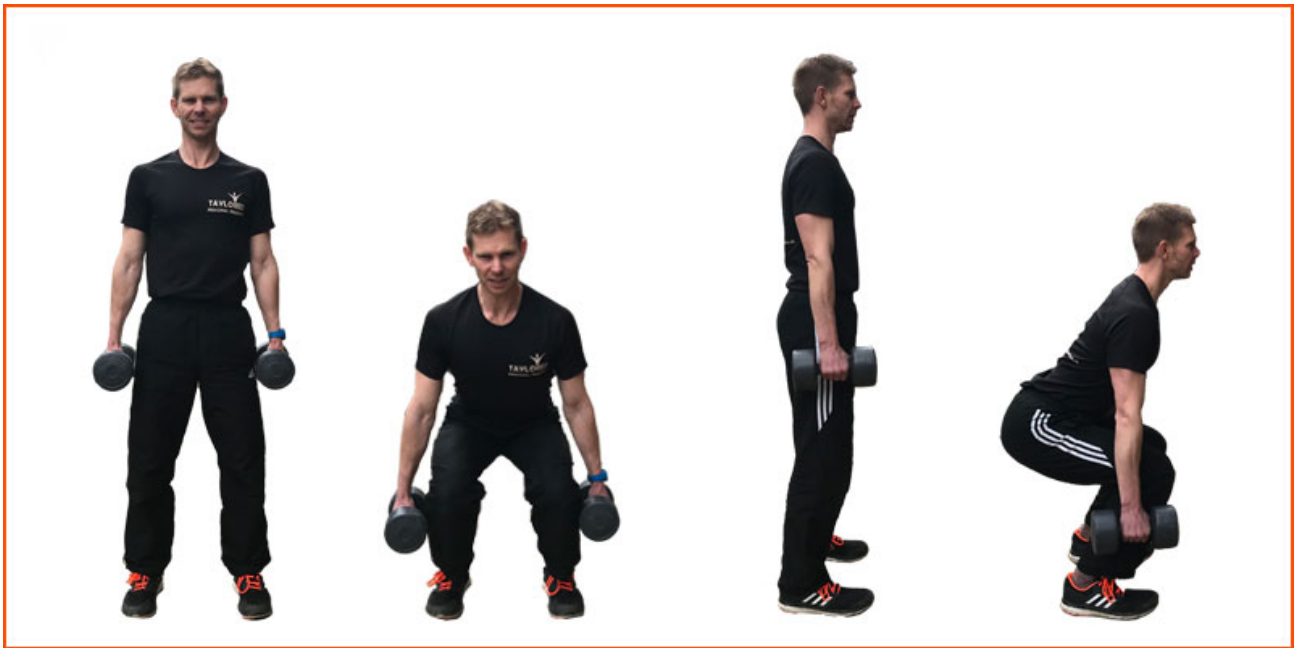
lift the weight by your sides until you reach chest level, lower weights back to start position. Make sure you maintain the bend at the knees and the elbow and keep that back straight.



## Dumbbell Deadlifts

- Sets 3-4
- Reps 10-12

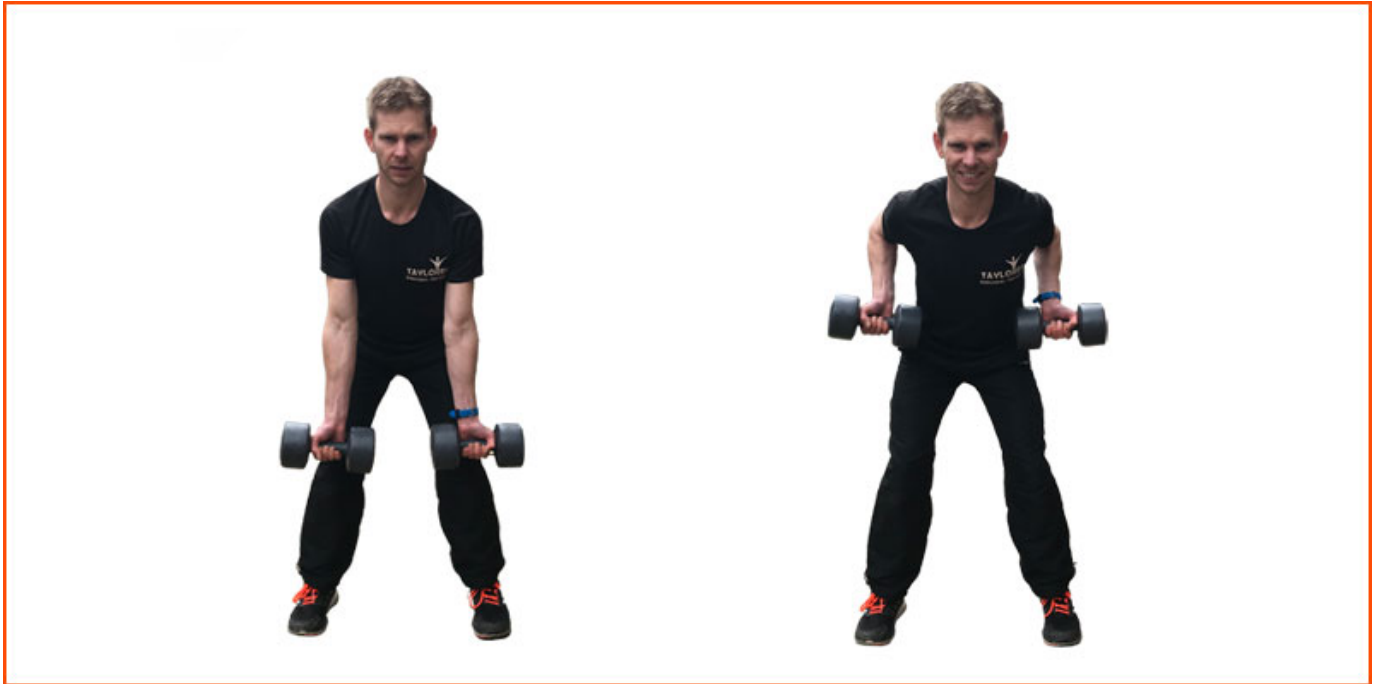
Feet are shoulder width apart with you holding a dumbbell in each hand to the front of your knees, keeping your back straight then bend at the waist at a 90-degree angle and raise up back to the start.



## Bent Over Row

- Sets 3-4
- Reps 10-12

With knees slightly bent and lean the upper body forward, keep the back straight, hold the weight at knee level palms facing forward (Away from you), lift the weight to waist height and slowly lower back to the start.



## Bent Over Reverse Fly

- **Sets 3-4**
- **Reps 8-10**

Bend knees slightly and lean upper body forwards, keep back straight always, start with weights at knee level, Palms facing each other, open your arms to chest height and slowly lower back to start position.



All these exercises can be done at home with little equipment, if you don't have dumbbells or a kettlebell have a look around your home and use something like bags of sugar or equivalent.

Remember with all back exercises its mind over matter, you can't see the muscles working so have to believe it is.

Carry these out twice a week along with your other exercise routine to help develop that amazing back.