

# TONE IT UP PERSONAL FITNESS



TODAY IS

# BACK DAY



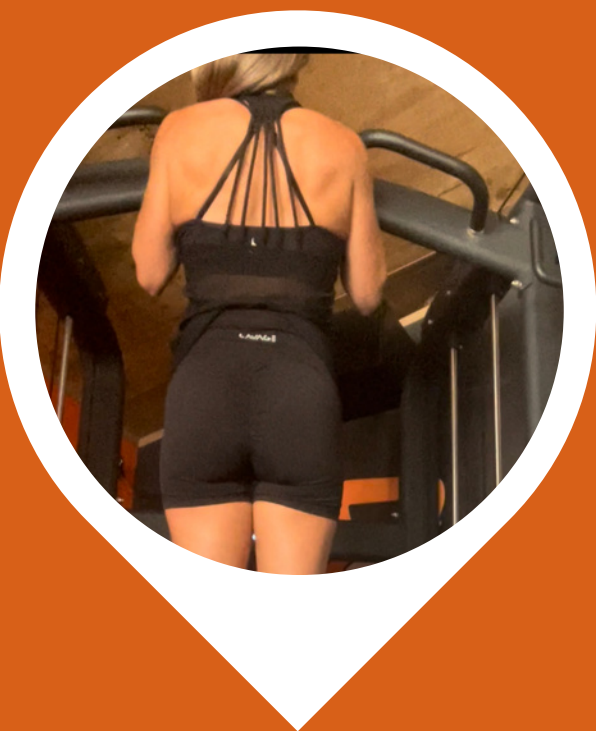
MUSCLE  
NATION

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# BACK FAVES

BUILD YOUR BACK BY INCLUDING THESE EXERCISES INTO YOUR WORKOUT ROUTINE!



## Chin-Up

3 SETS X 8-10 REPS

Choose from machine assisted, banded or bodyweight. Alternatively using a lat pull down machine. Use 2-4 warm up sets



## Bent Over Row

3 SETS X 10-12 REPS

Perfomred with either a barbell, dumbbells or a cable machine. Use 2-4 warm up sets



## Deadlift

3 SETS X 6-8 REPS

Start with the weight light to correct form and use 2-4 warm up sets . A deadlift starts from the ground and then lift up



# THE CHIN UP

These can be performed assisted, banded or bodyweight.

Narrow grip - palms face the body.  
Keep shoulder blades down and chest up to avoid rolling shoulders forward

With the palms facing the body we use the biceps more so than if palms face away from the body.

The abdominal muscles stabilise the spine.  
The rotator cuff stabilisers the shoulder

MUSCLE  
GROUPS  
USED:

Back  
Biceps  
Stabilisers



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# THE BENT OVER ROW

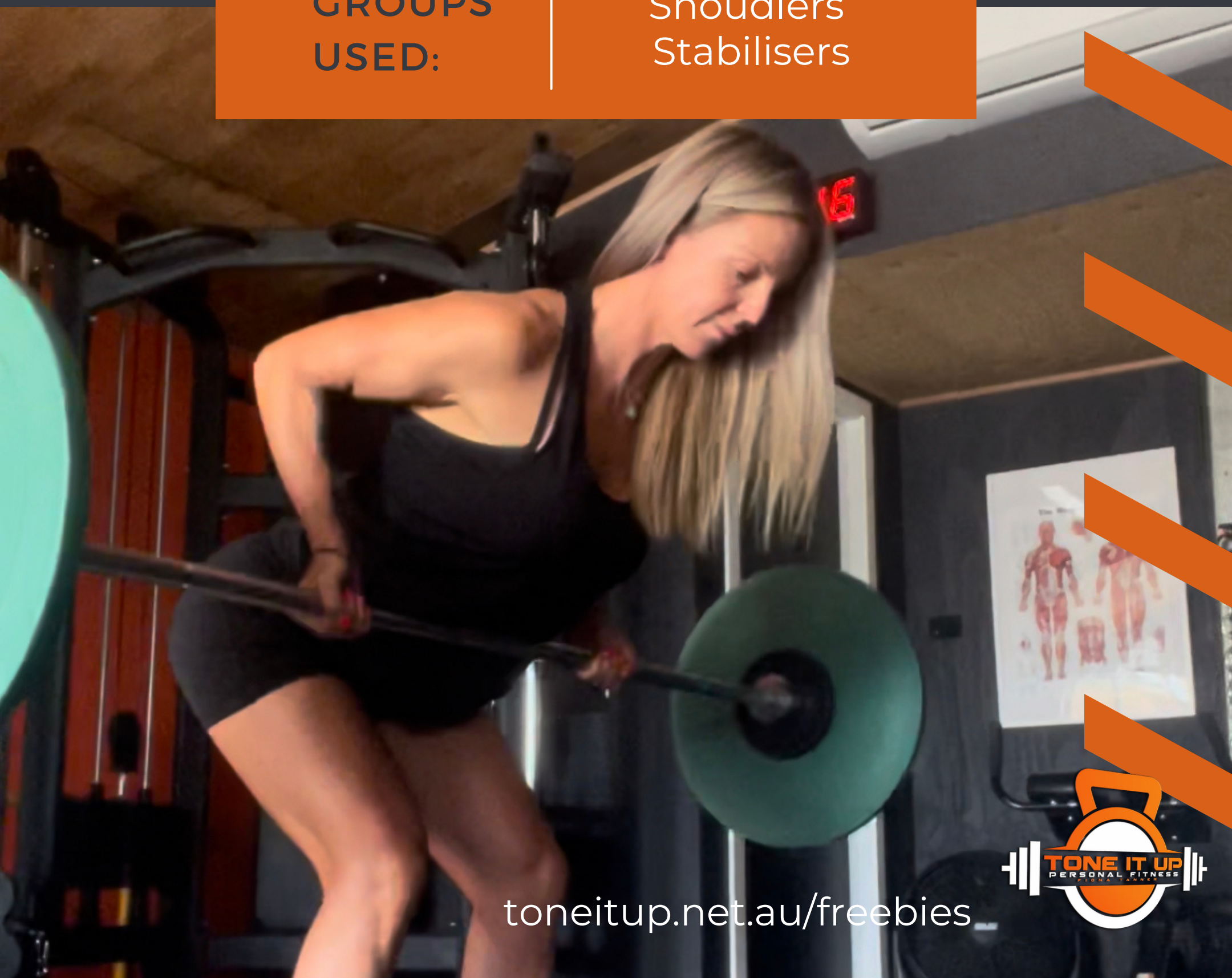
Bar starts on a rack usually about knee height. Grip the bar underhand (palms up) , step back , tilt at hips and maintain neutral spine. Row the bar into your ribs, elbows back and close to ribs.

This is a great exercise for your lats. Your aim is maintain neutral spine ie not rounded spine or hyper extended.

Stabilisation through the shoulder joint helps maintain neutral spine . Shoulder blades are pulled back and down. Bracing through your abdominals will also help stabilise spine and keep neutral

**MUSCLE  
GROUPS  
USED:**

Lats (back)  
Shoudlers  
Stabilisers





# THE DEADLIFT

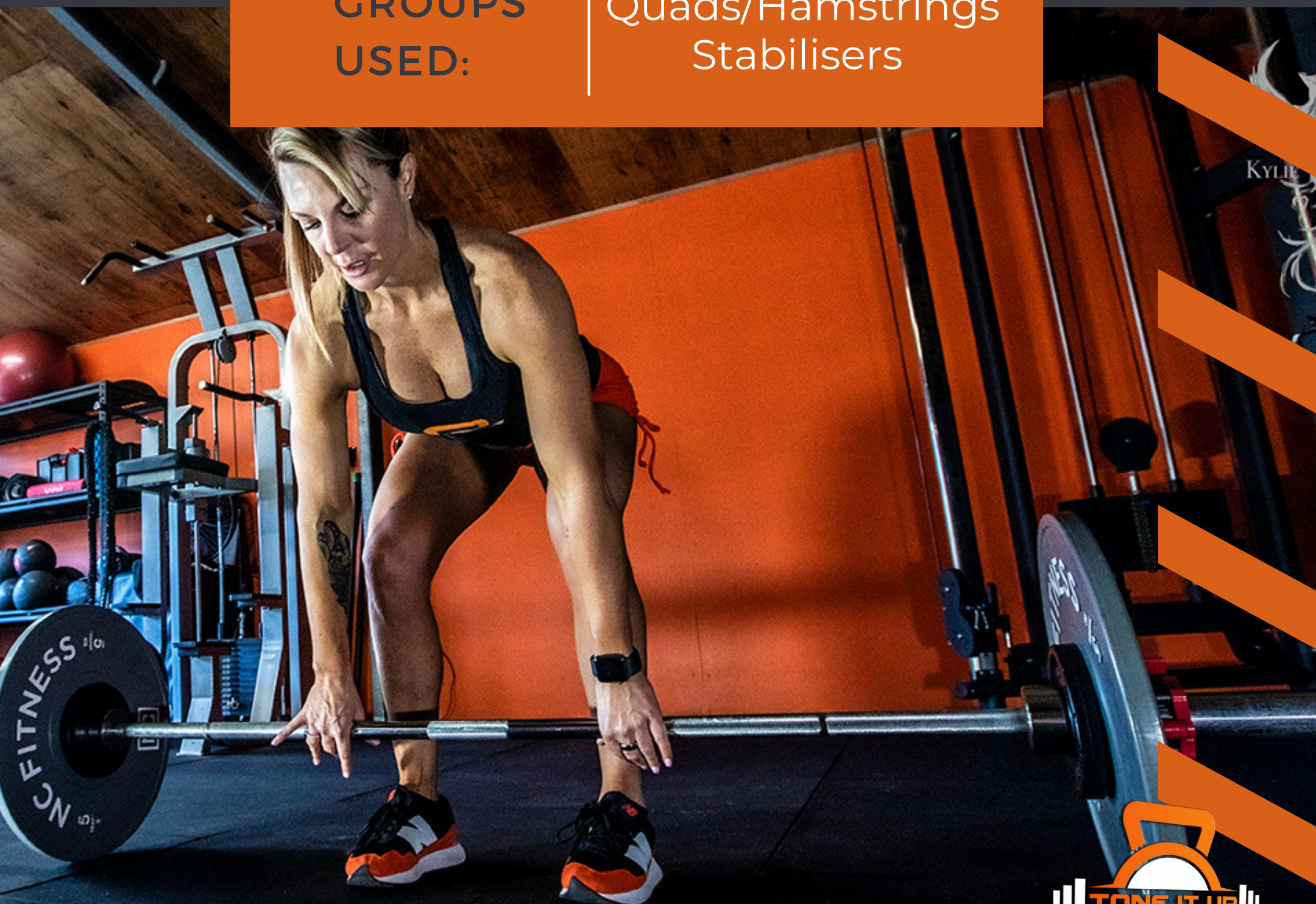
Bar close to shins  
Bend through hips - butt back  
Shoulders in-front of bar  
Pull shoulders back & down  
Pull the bar up and hip extension

The deadlift can be divided into two stages.  
The first stage: Lifting the bar to knee level.  
This is done mainly through knee extension.  
The trunk remains in a forward-leaning position.

The second stage: Full extension of the hip and the knee until the body is completely straight.

**MUSCLE  
GROUPS  
USED:**

Glutes  
Quads/Hamstrings  
Stabilisers



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Personal Training sessions are designed around your goals. I spend time working on your form & movement patterns to ensure you move 'correctly'.

*Purchase a 10 pack by 1st March 2023 to receive 10% off.*

*\*\* 10 Pack \$650*

