

Health, fitness, lifestyle

TAYLAKFITNESS BACK EXERCISE GUIDE

Workout because you love your body, not
because you hate it.

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STRETCHING AND WARMUPS



Don't forget to warm up and cool down!

Dynamic stretching and static stretching are two different types of stretching techniques.

Dynamic Stretching:

Dynamic stretching involves active movements, typically incorporated into warm-up routines before engaging in more intense physical activity. It helps joint range of motion, blood flow and reduced risk of injury.

Here are examples of dynamic stretches:

- Leg Swings: Swing one leg forward and backward in a controlled manner.
- Arm Circles: Rotate your arms in circular motions to warm up the shoulder joints.
- High Knees: March in place, lifting your knees towards your chest.
- Hip Circles: Rotate your hips in circular motions to improve hip flexibility.
- Jumping Jacks: Perform jumping jacks to engage multiple muscle groups and elevate your heart rate.

Static Stretching:

Static stretching involves holding a stretch for an extended period, typically 15-60 seconds. It aims to improve overall flexibility, relaxes the muscle and elongate muscles. Static stretches are often performed after a workout during the cooldown phase.

Here are examples of static stretches:

- Hamstring Stretch: Sitting or standing, reach toward your toes, holding the stretch.
- Chest Opener: Clasp your hands behind your back and straighten your arms to open up your chest.
- Quad Stretch: Stand on one leg, bringing your heel towards your glutes, and hold the stretch.
- Calf Stretch: Place one foot behind you, keeping the heel on the ground, and lean forward to stretch the calf.
- Triceps Stretch: Bring one arm overhead and reach down your back, gently pulling on your elbow with the opposite hand.

Static stretching helps relax muscles, improve flexibility, and enhance overall range of motion. It's beneficial for

CLOSE GRIP PULLDOWNS

Close Grip Pulldown

Setup

- Sit at a lat pulldown machine with your feet flat on the floor
- Grab the bar with a close grip, hands placed about shoulder-width apart or slightly narrower (overhand or underhand grip depending on preference)
- Sit up straight with your chest lifted and core engaged
- Position your knees under the thigh pads for stability

Form

- Pull the bar down toward your chest by driving your elbows down and back
- Focus on squeezing your lats as you pull, keeping your elbows close to your torso
- Control the bar as you slowly release it back to the starting position, allowing your arms to fully extend
- Keep your back straight and avoid leaning backward too much

Tips

- Keep your shoulders down — don't shrug them up to your ears
- Focus on pulling with your back rather than your arms to fully activate your lats
- Exhale as you pull the bar down and inhale as you release it
- For an extra challenge, use an underhand grip (supine) to emphasize biceps engagement as well



LAT PULLDOWNS

Lat Pulldowns

Setup

- Sit down at the lat pulldown machine, ensuring your feet are flat on the floor
- Adjust the knee pads so they're snugly against your thighs, keeping your body stable
- Grab the bar with a wide grip (hands slightly wider than shoulder-width), either using an overhand (pronated) grip or underhand (supinated) grip
- Sit up straight with your chest lifted, and engage your core to avoid leaning back during the movement

Form

- Pull the bar down towards your upper chest (or chin level), leading with your elbows, not your hands
- Focus on driving your elbows down and keeping your shoulders down and back — imagine squeezing your shoulder blades together
- Control the bar as you slowly return it to the starting position, allowing your arms to fully extend, but don't let the weight stack slam down
- Keep your torso slightly reclined (but don't lean excessively) and avoid jerking or using momentum

Tips

- Avoid shrugging your shoulders; keep them down and back for full lat engagement
- Keep a slight arch in your back to maintain proper posture and avoid rounding your spine
- Exhale as you pull the bar down, inhale as you slowly release it
- Don't overextend at the top; stop when your arms are fully extended, not allowing your shoulders to rise



SEATED CABLE ROWS

Seated Cable Rows

Setup

- Sit down at the seated cable row machine, placing your feet flat on the footrest with a slight bend in your knees
- Grab the handle (V-bar, single handle, or wide grip bar depending on your preference) with an overhand (pronated) or underhand (supinated) grip
- Keep your chest lifted and core engaged, leaning slightly forward with arms extended, but not rounding your back
- Set the weight to a manageable level, ensuring you have full control over the movement

Form

- Start with your arms fully extended and slightly bent at the elbows
- Pull the handle toward your torso, driving your elbows straight back, and squeeze your shoulder blades together as you pull
- Keep your torso stable and avoid leaning back or using momentum
- Slowly return the handle to the starting position, allowing your arms to fully extend while maintaining control over the weight

Tips

- Avoid jerking or using your legs to assist with the movement — it should come from your back
- Keep your shoulders down and avoid shrugging as you row the handle towards you
- Keep your elbows tucked in (not flared out) for optimal lat engagement
- Exhale as you pull the handle towards you, inhale as you return to the starting position
- If you feel tension in your lower back, ensure you're sitting upright and not overreaching with your torso



SINGLE ARM SEATED CABLE ROWS

Single Arm Seated Cable Row

Setup

- Sit at the seated cable row machine, ensuring your feet are flat on the footrest with knees slightly bent
- Attach a single handle to the low pulley, adjusting the weight to a manageable level
- Hold the handle with one hand, keeping your arm fully extended in front of you
- Keep your chest lifted, shoulders back, and core engaged
- Position yourself in a way that your torso is slightly forward, but don't round your back

Form

- Pull the handle towards your torso, driving your elbow straight back
- Focus on squeezing your shoulder blade back as you row the handle to your side
- Keep your elbow close to your body (not flared out) to maximize back activation
- Slowly extend your arm back to the starting position, maintaining control of the movement throughout
- Maintain a stable upper body — don't twist your torso or lean to assist with the pull

Tips

- Avoid shrugging your shoulder — keep it down and back throughout the movement
- Exhale as you pull the handle towards your body and inhale as you return it to the starting position
- Keep your core tight and avoid overreaching with your torso, which can cause lower back strain
- Switch sides after completing the desired reps on one arm to maintain balance and symmetry in your back muscles



FACE PULLS

Face Pulls

Setup

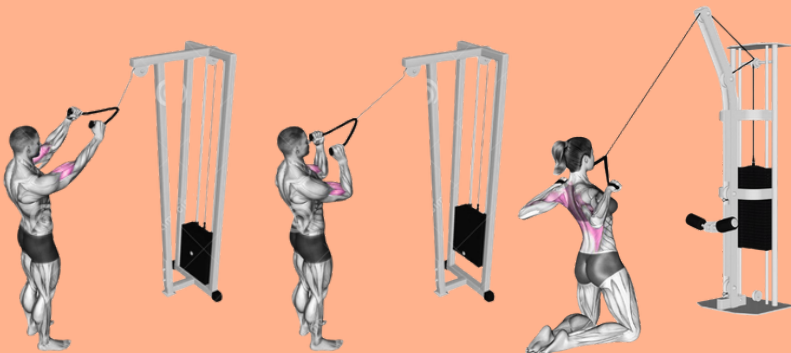
- Set up a cable machine with a rope attachment at upper chest or head height
- Stand facing the machine, with your feet shoulder-width apart and a slight bend in your knees
- Grab the ends of the rope with a neutral grip (palms facing each other)
- Step back to create tension in the cable, and position your arms straight out in front of you, elbows slightly bent
- Engage your core and maintain an upright posture throughout

Form

- Pull the rope towards your face by separating your hands and leading with your elbows
- As you pull, focus on spreading the rope and squeezing your rear delts and upper back at the peak of the movement
- Keep your elbows high and in line with your shoulders, aiming to avoid shrugging
- Slowly return to the starting position with control, resisting the pull of the weight
- Maintain shoulder stability and avoid excessive torso movement during the exercise

Tips

- Don't pull with your hands – lead the movement with your elbows to activate the rear delts and upper traps
- Keep your shoulders down and back, not letting them rise toward your ears
- Use a slow, controlled movement both during the pull and the return phase to avoid momentum
- Squeeze at the top for a moment to maximize muscle activation



BENT OVER ROWS

Bent-Over Rows (Barbell or Dumbbell)

Setup

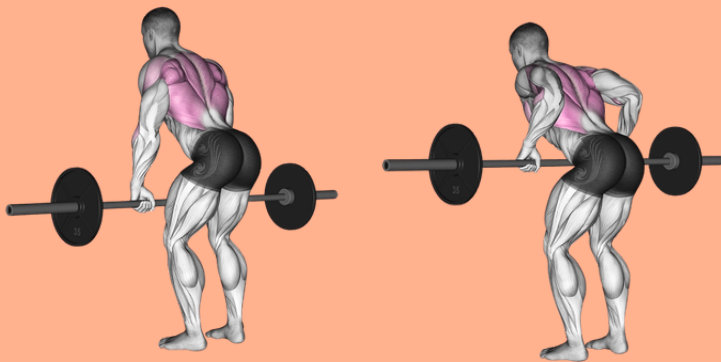
- Stand with your feet shoulder-width apart and a slight bend in your knees
- Hold a barbell or dumbbells with a pronated grip (palms facing your body)
- Hinge at the hips, pushing your hips back to lower your torso until it's nearly parallel to the floor
- Keep your back flat (no rounding), chest lifted, and core engaged
- Your arms should hang straight down from your shoulders with a slight bend in your elbows

Form

- Pull the weight towards your torso by driving your elbows straight back, focusing on squeezing your shoulder blades together
- Keep your elbows close to your body and avoid flaring them out to the sides
- Exhale as you pull the weight up, and inhale as you lower it back to the starting position
- Maintain a neutral spine — avoid arching or rounding your back as you pull the weight
- Make sure your torso remains stable, with no rocking or swinging of the body

Tips

- Keep a slight bend in your knees throughout the movement to reduce strain on your lower back
- Control the movement both on the way up and down — avoid jerking the weight or using momentum
- Focus on pulling with your back muscles, not your arms or biceps
- If you're using dumbbells, you have the freedom to rotate your wrists slightly, but aim to keep your elbow trajectory consistent



CABLE PULLDOWNS

Front Cable Pulldowns

Setup

- Sit at a cable machine with the bar attached to the high pulley
- Adjust the knee pads so they fit snugly against your thighs to keep you stable during the movement
- Grab the bar with a wide overhand grip (palms facing forward), ensuring your hands are wider than shoulder-width apart
- Sit with your chest lifted, shoulders back, and feet flat on the floor
- Engage your core to maintain proper posture and avoid leaning back during the movement

Form

- Pull the bar down towards your upper chest, keeping your elbows pointed downward and close to your sides
- Focus on driving your elbows down and back, squeezing your lats as you bring the bar towards your chest
- Exhale as you pull the bar down, and inhale as you slowly return it to the starting position
- Avoid leaning back too much; keep your torso slightly upright and stable
- Control the movement on the way back, allowing your arms to fully extend without letting the weight stack slam down

Tips

- Keep your shoulders down and back — don't allow them to shrug upward
- Focus on pulling with your lats rather than using your arms or biceps to complete the movement
- Engage your core throughout the movement to avoid swinging or jerking the bar
- Don't overextend the bar behind your head — stopping just above chest level is ideal for maintaining good form



SINGLE ARM DUMBBELL BENT OVER ROW

Single Arm Dumbbell Bent-Over Row

Setup

- Place a dumbbell on the floor near a flat bench
- Place your right knee and right hand on the bench to support your torso, ensuring your back is flat and parallel to the ground
- Left foot should be firmly planted on the floor, knee slightly bent, with your body stable and core engaged
- Grab the dumbbell with your left hand, keeping your arm fully extended toward the floor, maintaining a slight bend in your elbow

Form

- Pull the dumbbell toward your torso by driving your elbow back and towards your hip
- Focus on squeezing your shoulder blade together at the top of the movement, engaging your lats and upper back
- Exhale as you row the dumbbell up, and inhale as you lower it back down with control, extending your arm fully
- Maintain a flat back throughout the movement — don't allow your spine to round
- Keep your core engaged to support your lower back and avoid twisting your torso

Tips

- Keep your elbow close to your body (not flared out) for optimal back activation
- Don't jerk the weight — focus on slow, controlled movements both on the way up and the way down
- Use a light weight at first to focus on form and gradually increase as you become more comfortable with the movement
- Keep your shoulders down throughout, avoiding any shrugging

