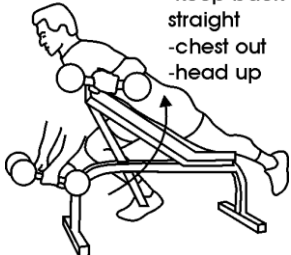
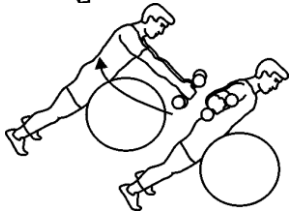


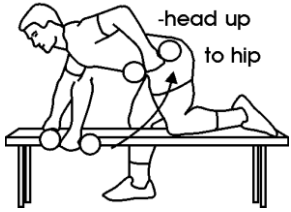
[www.Bodyphysix.com](http://www.Bodyphysix.com)

[www.Body-Sculpting-Exercises.com](http://www.Body-Sculpting-Exercises.com)

**THIS PAGE IS FOR INFORMATIONAL PURPOSES ONLY. YOU MUST ALWAYS CONSULT A CERTIFIED HEALTH PROFESSIONAL BEFORE BEGINNING- ANY TYPE OF EXERCISE AND BE APPROVED FOR SUCH ACTIVITIES.**

## DUMBBELL BACK EXERCISES

<b>A1</b>	<b>INCLINE DUMBBELL BACK FYS</b>   -keep back straight -chest out -head up  		<b>SETS</b>	<b>REPS</b>	<b>Tempo</b>			<b>Weight</b>	<b>Rest</b>
					↓	—	↑		
		<b>Semaine 1-2</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 3-4</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 5-6</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 7-8</b>	3	12-15	2	0	1		60 SEC
		<p>THE EXERCISE CAN BE PERFORMED ON A BALL OR A BENCH</p> <p>VERIFY THAT YOUR ELBOWS ARE IN LINE WITH YOUR SHOULDERS AT A SLIGHTLY BENT ANGLE.</p> <p><b>Note:</b> NEVER BRING YOUR ARMS PAST YOUR TRUNK.</p> <p>DO THE MOVEMENT SLOWLY AND WITH CONTROL- TRY NOT TO SWING THE WEIGHT.</p> <p>SQUEEZE YOUR SHOULDER BLADES TOGETHER</p>							

<b>B1</b>	<b>FLAT DUMBBELL ROWS</b>   -keep back straight -chest out -head up to hip		<b>SETS</b>	<b>REPS</b>	<b>Tempo</b>			<b>Weight</b>	<b>Rest</b>
					→	—	←		
		<b>Semaine 1-2</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 3-4</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 5-6</b>	3	12-15	2	0	1		60 SEC
		<b>Semaine 7-8</b>	3	12-15	2	0	1		60 SEC
		<p>THE EXERCISE CAN BE PERFORMED ON A BALL, A BENCH OR WITHOUT SUPPORT (FOR THOSE THAT HAVE A STRONG BACK)</p> <p>PLACE YOURSELF IN LINE WITH THE BENCH OR BALL WITH ONE KNEE BENT AND THE OTHER STRAIGHT.</p> <p><b>Note:</b> IF YOU ARE EXECUTING THE MOVEMENT WITHOUT SUPPORT; KEEP BOTH KNEES BENT AND SHOULDER WIDTH APART.</p> <p>YOUR ARM BEGINS THE MOVEMENT IN LINE WITH YOUR SHOULDERS - BEND YOUR ARM AND BRING THE WEIGHT TOWARDS YOUR HIP AREA.</p>							