

“Back to School” Move of the Month

Add Power to Your Tennis Serve, Golf Swing and Swim Stroke with the Bent-Over Lat Row



Stand with your feet hip-width apart. Hold a free weight or a can in each hand, arms at your sides, palms facing in. Bend forward from the hips until your back is to the sky and your arms hang straight down under your shoulders.

Draw your shoulder blades down and together. Exhale as you bend your arms to 90 degrees, pulling the weights up towards your waist. Pause then inhale as you straighten your arms slowly to the start position.

Courtesy of Living Lean: Custom Eating and Exercise Planning and Training 925-360-7051