

TRAINING NOTEBOOK

Weighted Inverted Row

By Sean Waxman, CSCS

If you're tired of regular old seated rows the Weighted Inverted Row is a great alternative. It is a very effective horizontal pulling exercise for the upper back, and as an added bonus you will get some good core work as well.

The How

- Set the hooks or supports up in the power rack or Smith Machine so that you can hang from the bars without your back touching the ground.
- Set up a bench far enough away so that when your legs are straight your feet can rest on it.
- Set your feet on the bench
- Take a pronated grip on the bar and extend your arms
- The bar should be lined up just below your chest
- Raise your hips until your body is in a straight line.
- Have your partner place weight plates across your waist
- Pull your body to the bar
- Return to the starting position under control.

The When

This is a great exercise to use for adding variety to your back workout. It can be used as your primary back movement for adding mass or a finishing exercise using strip sets to fill the back with blood.

| Exercise | Sets | Reps | Weight |
|--------------------------------|------|------|--------------------------------|
| Weighted Inverted Row | 5 | 10 | ¼ body weight in weight plates |
| Lat Pull down | 4 | 12 | 70% one rep max |
| Hyperextension/hips before pad | 4 | 10 | ¼ body weight in weight plates |

Tips

Make sure your body remains ridged. This will require good core stability. If you are having trouble keeping your body straight, lower the placement of the weight plates.

Sean Waxman did his graduate work in Exercise Science with a concentration in biomechanics at Long Beach State. For the past fifteen years, Sean has developed hundreds of athletes from all sports and levels primarily, school aged and Olympic athletes.

Sean is a former U.S.A National Team Member and national medal winner with U.S.A Weightlifting. He is also a National coach and special advisor with the Nicaraguan National Weightlifting Federation.

He is the owner of Pure Strength Incorporated and President of VS Training. Sean is a contributing writer and technical advisor to “Muscle and Fitness” and “MuscleMag International” magazines.

His popular monthly seminar series that focuses on different aspects of athletic development have become the “must attend” events for anyone serious about learning how to correctly and effectively coach athletes.

Sean’s training methodologies and ability to make complex movement skills seem simple makes him one of the most sought after “coach of coaches” and lecturers in the country.

Find Sean on the web at www.PureStrength.com/blog