Dumbbell Back Workout

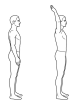
A pair of dumbbells and no bench: rows three ways, a hinge for the lower back and flyes for the rear of the shoulders.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Upper body	Intermediate	35 min	Dumbbells

WARM UP

Once through, at an easy pace

Arm Circles



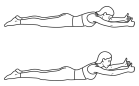
30 s

Cat-Cow Pose



8 reps

Prone Y Raise



8 reps

Inchworm

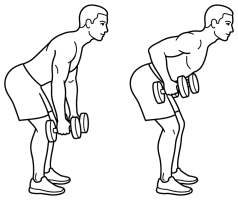


4 reps

MAIN

All sets of a move, then the next

1 Bent-Over Dumbbell Row

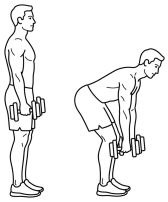


4 × 10

rest 75 s

Hinge until the back is nearly level; pull the elbows to the hips

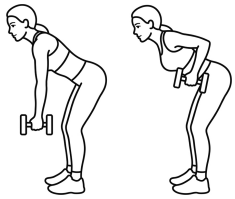
2 Dumbbell Romanian Deadlift



3 × 10

rest 75 s

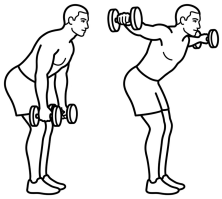
3 Dumbbell Reverse-Grip Row



3 × 10

rest 60 s

4 Dumbbell Rear Delt Fly

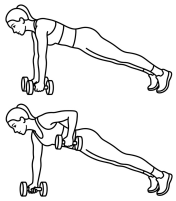


3 × 12

rest 60 s

Light weight, soft elbows, lead with the backs of the hands

5 Dumbbell Renegade Row

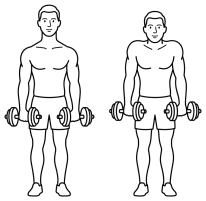


2 × 6

each side · rest 60 s

Feet wide; keep the hips from turning

6 Dumbbell Shrug



2 × 12

rest 45 s

COOL DOWN

Once through, at an easy pace

Kneeling Lat Stretch



30 s

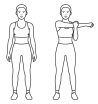
each side

Child's Pose



45 s

Cross-Body Shoulder Stretch



30 s

each side