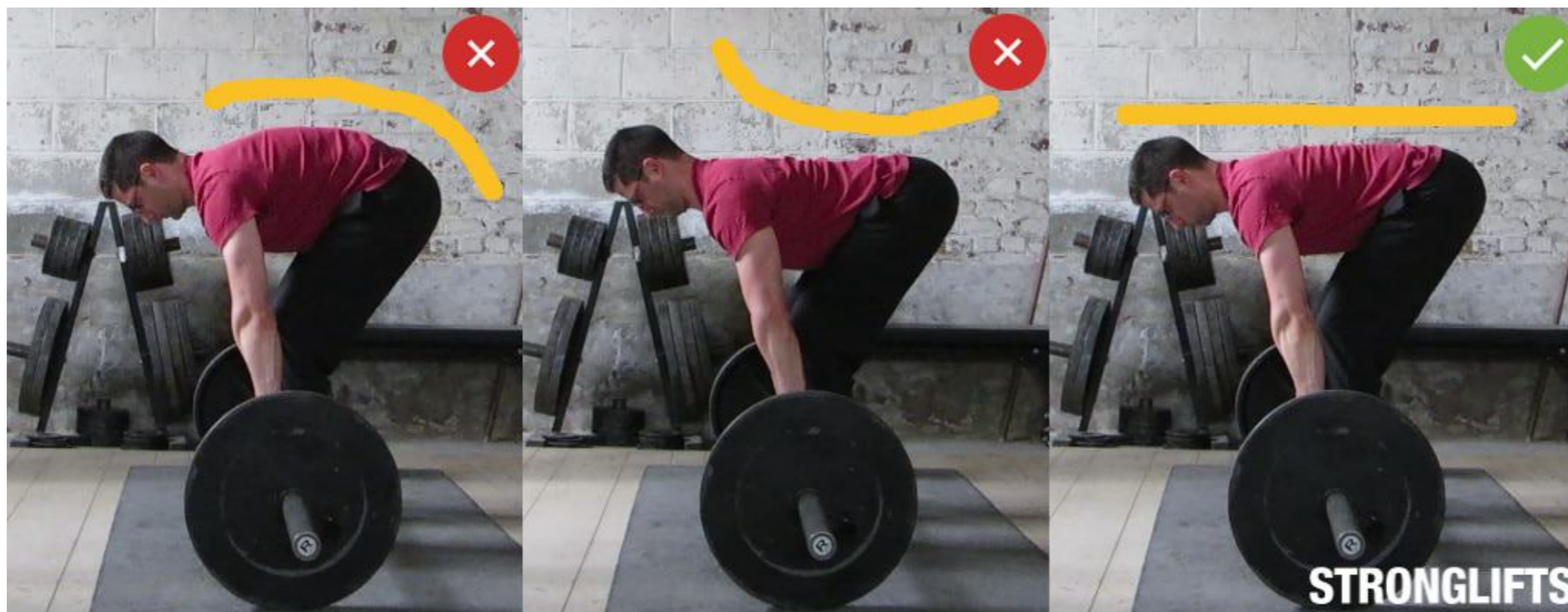


**DON'T DO THAT**  
Exercise and Training Techniques that  
you should not do

# Barbell Row

**ONLY DO IF YOU ARE VERY ADVANCED** - I LIKE THE FREE WEIGHT ROW EXERCISE especially with dumbbells for myself and my **very** advanced clients, but form must be perfect. **Must keep back locked in neutral see form. No rounding or excess arch ever.** According to StrongLifts both positions squeeze your spinal discs and can cause lower back injuries like herniated discs. You should brace your abdomen keeping back locked in neutral when doing this exercise (see bracing). This contraction locks your spine in position. It protects it against shear injuries. If your trunk muscles aren't strong enough to hold your spine in position, your back bends (see more). To get in position perform a DeadLift and then move into start position for first repetition. To keep it safe pull weight into navel. In order to even attempt this exercise you must **PASS THE Functional Tests**. Never do this exercise if you are not at an advanced level. There are better options if you are not Advanced like a machine or cable row.



**Many consider the Barbell Row a compound exercise for the many body parts it works.** They work your upper-back, lower back, hips and arms. Even though it does not look like a lower body exercise it is because you are in an isometric squat position the entire set. In comparison of Row Exercises this exercise elicited large muscle activation symmetrically from the upper to lower back; it induced larger spine loads but also, not surprisingly, the highest spine stiffness (Study).