

Dumbbell Bent-Over Rows Exercise

1. Sit on the end of a bench with your feet flat on the floor. Bend from the waist, resting your chest on your legs. Grasp a dumbbell in each hand with your arms hanging in front of you from your shoulders, palms facing your body, elbows bend slightly, and the ends of the dumbbells touching one another.
2. Bend your elbows and pull the dumbbells towards the ceiling using your back until the dumbbells are parallel with your chest.
3. Lower and repeat.

