

# Back on Track

**This dumbbell workout builds your back -- and then some. It improves muscular endurance at the hips by loosening your hamstrings while stabilizing your glutes and lower back.**

**The result: greater stamina in sports that require more from your back, such as climbing. An added benefit: The improved endurance of your hip muscles will prevent a breakdown in your form during long, strenuous runs.**

## Easy: Dumbbell Row



Stand holding a pair of dumbbells in front of your thighs, knees slightly bent. Bend forward at the waist until your torso is almost parallel to the floor. Pull the weights up to the bottom of your rib cage. Pause, then slowly lower them until your arms are extended.

## Moderate: Dumbbell Single-Leg, Single-Arm Row

Same setup as for the basic row, but hold a weight in only one hand and stand on one leg. Perform half of your repetitions, then switch the weight to the other hand. Stand on the other leg for the next set.



## Difficult: Single-Leg, Single-Arm Row Press



Start the move the same way you did for the single-leg, single-arm row, but once you pull the weight up, keep it against your body and straighten yourself into an upright position. Press the weight overhead, pause, and reverse the sequence to return to the starting position.

**Incorporate the dumbbell row into your workout for a week. Do the single-leg row for 2 weeks, and the row press in weeks 4 and 5. Perform two sets of 12 to 20 repetitions for greater endurance. If you're concerned only about building your back, stay between eight and 12 reps.**



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