

10 Back Training Tips Report

1. Use your elbows and control every repetition.

Momentum is not key in back training. In fact it works against you. Concentrate on pulling with your elbows and squeezing your shoulder blades at the top of each rep.

2. Puff out your chest.

Puffing out your chest will ensure that you're working your back. This will help decrease the involvement of the other muscles.

3. Relax your traps back.

A common mistake beginners make is pushing their traps forward so that their neck becomes smaller. This doesn't help at all. Relax your shoulders back and let your traps naturally hang back without forcing it.

4. Start with no weight on the bar.

Ego tends to take over if you start piling on weight. This won't help you build a bigger back and it certainly won't attract the chicks at the gym. Warm up and work your way up to your working weight.

5. Hold the top part of the rep

Another common mistake is made when the reps aren't controlled and the contraction isn't taken advantage of. Hold the top part of the row and really focus on contracting your back at each rep. If you can't hold it, try decreasing the weight.

6. Focus on compound exercises

No one ever gets big from machines. The meat of your workout should come from free weights. You will gain more mass and strength much faster if you use compound exercises (like T-bar rows, regular rows, pendlay rows, pull ups).

7. Deadlift

You'll never see someone who can deadlift over 300 pounds in proper form without a big back. Deadlifts can be extremely taxing and demand a lot of mental and physical performance. But for good reason; because it's one of the best exercises you can do.

8. Combine push and pull

You can build strength and muscle faster with push and pull exercises. Try pressing or pushups in between sets of rows.

9. Recover

You will not increase your muscle size by going to the gym everyday. You will get bigger when you are recovering (i.e. sleeping). So limit high intensity back workouts to once a week.

10. Limit straps

While straps are great for overcoming grip weakness, you do not want to use them for every single set. You should only use them when needed. Compound exercises use multiple muscle groups, and they are effective for a reason, because they work all kinds of muscles and you do not want to leave your grip as a weak point forever.

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