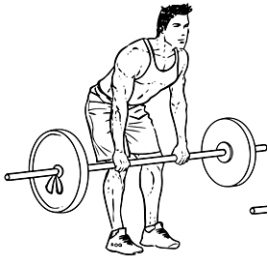


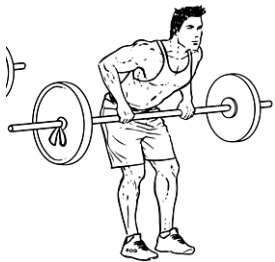
# EXERCISE OF THE MONTH

## BENT OVER ROWS

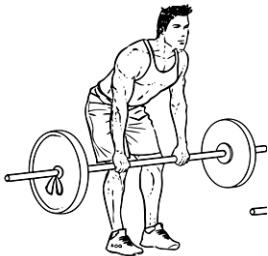
---



Holding a barbell with palms facing down, bend your knees slightly and bend at the waist to bring torso forward.



Lift barbell towards you while keeping back straight.



Return to starting position and repeat.

### *Coach's Corner:*

*Make sure to keep head up. Squeeze the back muscles. Never slouch forward. Use less weight when in doubt.*