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The Middle Back

This exercise is a variation on a 'One-Arm Lat Row'

1. Using a chair for balance, pretend you have a giant log in front of you and you are going to saw it in half. Use between 5 and 10 pounds of weight. Push your arm forward, then bring it back keeping your elbow close to the body. Start with 1 set of 10. Work your way up to 3 sets of 10.

