

PERFECT POSTURE

If you want to look hot in swimwear, it's not just your stomach that you need to keep in check. You need to have a strong back too

THIS MONTH'S GOAL

When you're hunched over a computer all day long it's not hard to start weakening your back, but if you want to keep your deportment in check - and those chiropractor appointments at bay - you need to start working out your back. If you exercise your back as much as your abs, you'll find that your workouts get easier as well. And we're not just talking about the ability to pump weights, we're talking about other sports too. The first thing beginners to running notice is an achy lower back, but if you've strengthen this important area you'll be able to take those 10km runs in your stride.

PRIMARY BACK MUSCLES TARGETED

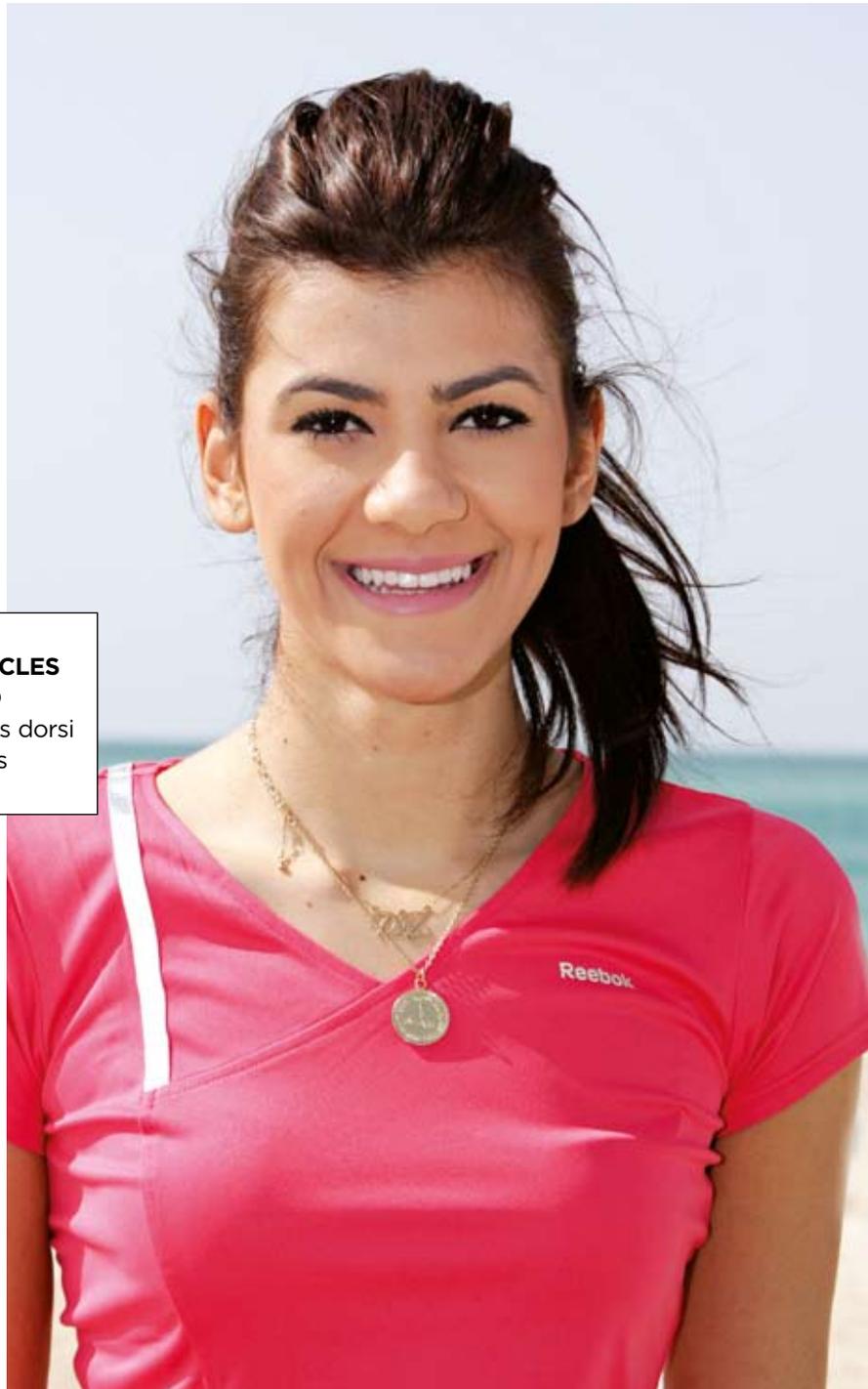
1. Latissimus dorsi
2. Trapezius
3. Deltoids

Anatomy lesson

With these three exercises trainer Corey Oliver has designed a workout that targets the upper, mid and lower part of your back. The High Row recruits the major muscles of the upper body with its high elbow movement; the 45-Degree Mid Row, works the upper back between the shoulder blades, thanks to the elbows being tucked in during the movement, and the Swimmers Pull works the lats, pecs and core due to the rocking of the body and weight shift in the exercise.

Details

You don't have to workout in a gym to work your back. Just hit the beach and take this piece of TRX equipment with you. Find it at meffitpro.com.



TRAINER'S STRATEGY

"When the weather's great I will always swap the gym for an outdoor workout. The TRX is the perfect tool to use for training outdoors. It uses a system called "vector resistance" - the steeper angle you put your body in the harder it is," says Corey Oliver.

Shape reader model Dina Zahran, co-owner of Dinz clothing (dinzclothing.com), is a member of a gym but she says she keeps her figure in check by eating healthily. And thanks to her Spanish roots she has a Mediterranean outlook when it comes to food. "I don't deny myself anything, I just eat a little bit of everything," says Dina.

45-degree high row

Works lats and upper back

➤ **Stand facing the TRX, grip the handles** with straight arms. Lean back 45 degrees. Draw your elbows in tight and level with your shoulders. Squeeze the shoulder blades and lift your chest towards the handles. Lower yourself to the start position. Do 10 reps and three sets.

Trainer's tip: Start the pull-up with your back and not by using your arms.



DO IT AT HOME
Don't forget to do a few stretches before you start



DO IT AT HOME
Short on space in your apartment? This simple TRX strap will give you a great workout

Swimmers pull

Works lats, triceps and core

➤ **Stand facing the TRX, grip the handles** with straight arms. Have your upper arms slightly rotated so your elbows point to the sides of your body, lean back and keep body aligned. Pull your body upright keeping arms straight while pulling them down to the sides. Now lower yourself back down to the start position. Do 10 reps of three sets.

Trainer's tip: Keep your arms straight on the pull, and your shoulders stable. Avoid shrugging them up towards your ears.



DO IT AT HOME
You can tie the TRX to a door frame to workout at home

45-degree mid row

Works upper back and core muscles

➤ **Stand facing the TRX, grip the handles** with straight arms. Lean back to an angle of 45 degrees. Draw the elbows in tight next to the body and pull yourself all the way up to the top. Squeeze the shoulder blades and lift chest towards the handles. Lower yourself back to the start position. Do 10 reps and three sets.

Trainer's tip: Initiate the pull up with the back and not the arms. Draw shoulder blades in closer together without shrugging the shoulders.