

**HALF-ISO INCLINE ROW**



A



B

One underrated rule for back-chest supersets: Always start with the back exercise. This will insure your physique stays in good balance, and protect your shoulders too.

Aim to do these rows with your bench set to a 30-degree incline, and focus on squeezing your shoulder blades as you row up.

**Do 8-10 reps per arm.**

**PAUSED INCLINE BENCH PRESS**



A



B

As soon as you finish your rows, flip over so your back is on the same incline bench, dumbbells over your shoulders.

Keep your abs tight as you do this one; there's underrated core work being done.

**Do 10-12 reps, then rest 60-90 seconds. Do 3 sets.**

**ELEVATED PLANK ROW HOLD**



A

We'll start our second superset by blasting our lats and midback, and rocking our abs too. Get in position, then row up. Hold this position for 30 seconds, focusing on keeping hips and shoulders square while in the hold.

Then lower. **Do 1 rep on each side** (yes, it'll be enough).

**SINGLE-ARM PRESS**



A



B

As soon as you've done your reps there, flip onto your back on the bench, a dumbbell held in your right arm.

Lower it to your chest, then pause; tighten your abs as you do this. Press up.

**Do 10-12 reps per arm, then rest 60-90 seconds. Repeat for 3 sets.**