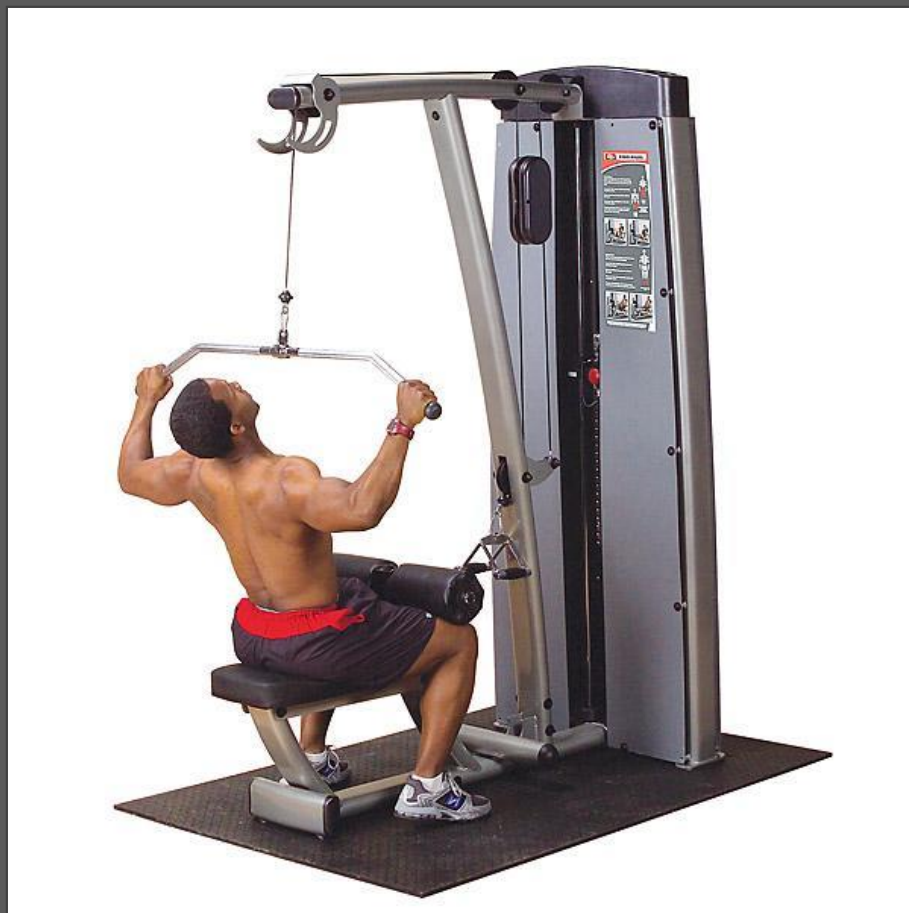


Back Exercises

Equipment: Dumbbells, barbells, no weight



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Dumbbell Back Exercises



Upper and Middle Back

[Dumbbell Rows](#)

[Dumbbell seated rows](#)

Lower Back

[Dumbbell deadlifts](#)

Barbell Back Exercises



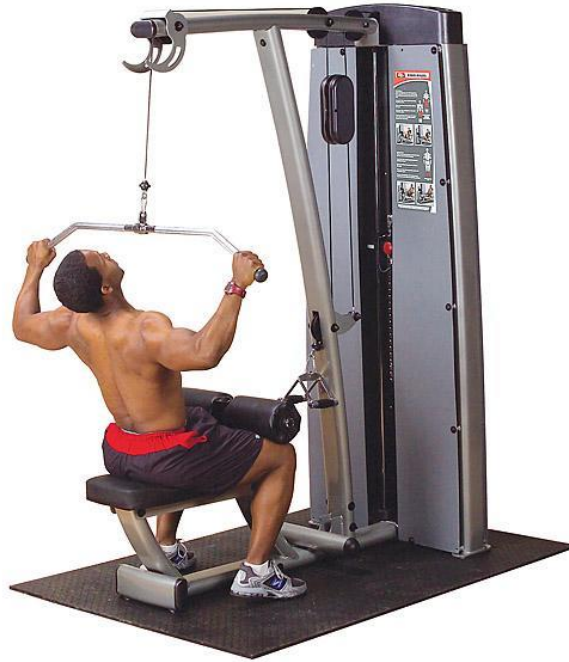
Upper and Middle Back

[Barbell bent over row](#)

Lower Back

[Barbell Stiff-legged deadlifts](#)

Cable Machine Back Exercises



Upper and Middle Back

Lower Back

[Cable seated rows](#)

[Lat pulldowns](#)

Body Weight Back Exercises



Upper and Middle Back

[Dumbbell Rows](#)

[Pull ups](#)

Lower Back

[Back extension](#)