



# BACK ATTACK!

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Special Feature: Liza Hughes  
Photos by StevenMartine.com



**T**here are many ways to achieve success in the gym. One very successful way that I have found over the years is to set specific monthly goals that pertain to your workouts and your physique. Here are a few good tips that may help you when you are setting up your new goals.

1. Write your Goals down on paper!!
2. Be very specific when you set your goals.
3. After writing your goal, write down WHY you want to achieve it.
4. Last step write down the Result or out come you would like to see.

Writ- ing these goals down each month become very powerful and will create new success in your workouts and physique. This sound very simple and it is, but something very powerful happens in the brain when things are written down and done in this order. Give this a shot and “Unleash the Secrets to your Bodybuilding Success”. This months special features is Liza Hughes, who is a mother of two and currently is a professional fitness trainer. Her husband Jim Hughes is her biggest fan and supports her in both of her fitness and figure competitions. Liza has an amazing physique and

will focus on some of the prime movers of the back region. The muscle groups we will cover are as follows: Latissimus Dorsi, Rhomboideus, Erector spinae, Teres Major & Minor, Infra-spinatus . This segment will help supply you with the proper information to help improve your form. The exercises that we will cover are as follows:

is naturally gifted with incredible genetics. Liza is very dedicated and has the ability to become an IFBB Pro, if she continues to set goals and works hard to achieve them. If you have questions please visit Liza’s new website [www.liza-hughes.com](http://www.liza-hughes.com)

In this kinesiology segment we are taking a look at the muscles in the Back region. I

- I. Behind the Neck Pull Downs
- II. Dickersons
- III. Reverse Grip Bent Over Rows
- IV. Neutral Grip Pull Downs.

In these different exercise we will cover muscles that are emphasized (Heavy & Moderate), execution, form, muscelology, and the anatomy of each exercise. Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer, if you are having any problems with these exercises.

**Liza’s Current workout is:**

**Monday**-Quads/Hamstrings/ 50min. Power Walk Morning

**Tuesday**-Back/ Power walk 50mins.

**Wednesday**-Shoulders/Triceps

**Thursday**-Fitness Routine Practice

**Friday**-Chest/Biceps/50min. Cardio

**Saturday**-Fitness Routine Practice

**Sunday**-2 mile power walk 6-8 sprints.

\*Abs 5 days a week.

Until next issues Shoulder segment, continue making time for your health & fitness goals. Be Focused, Driven, and continue to

Set Goals to make changes to your Mind, Body, and Spirit.

## GREAT BACK. ROUTINE ON THE NEXT PAGE ...

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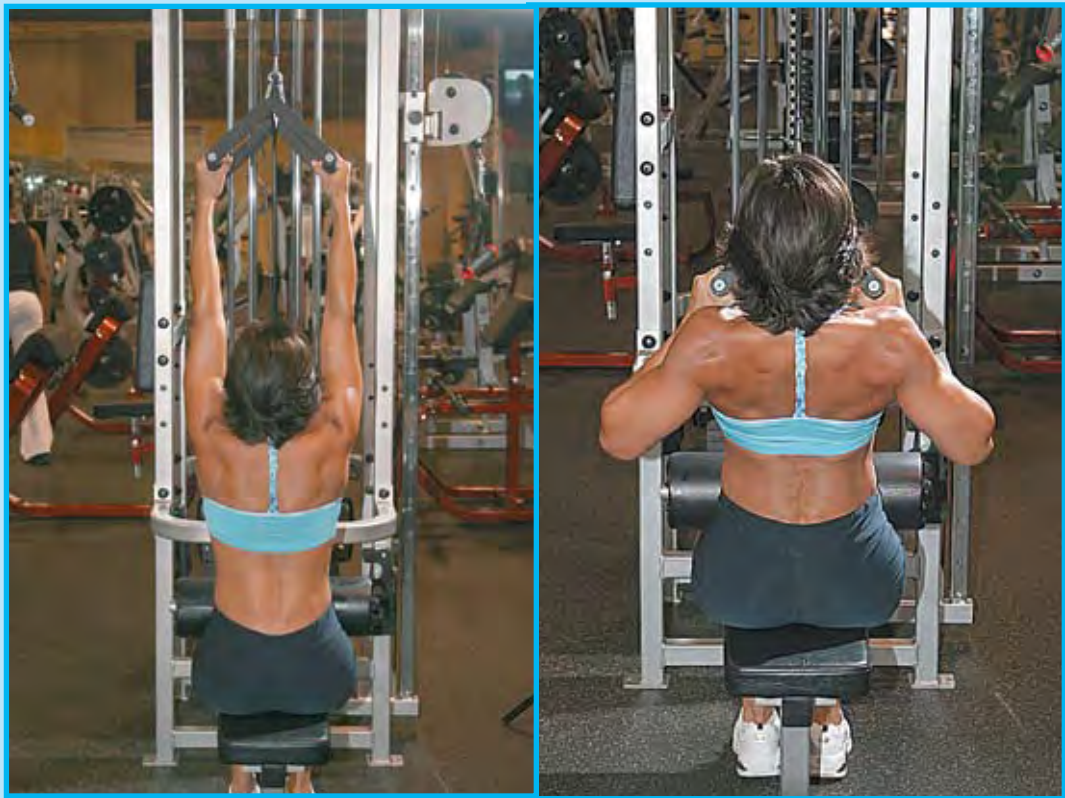
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## NEUTRAL GRIP PULL DOWNS

**Heavy Use:** Latissimus dorsi, Teres minor & major, Infraspinatus, Rhomboideus major

**Muscle Position and Execution:**

- Sit in upright position, hands in neutral position
- Pull bar down and lean back slightly, pull chest out
- Pull chest out and squeeze elbows to

the back

- Bring bar up slow and controlled

**Tips and Form:**

- These should be done at a moderate tempo
- Get a full stretch at the top of each movement
- Keep a tight grip with hands in a neutral position

**Muscle Anatomy:** The latissimus dorsi is a broad flat muscle that arises from the external lip of the crest of the ilium (hip). Its fibers virtually all run in a parallel direction covering the lumbar and the lower half of the dorsal (lower back) regions. As these fibers run toward the top of the latissimus, the muscle becomes narrow and “cordlike” and inserts into the humerus bone (upper arm bone). The latissimus muscle is what gives the body its “V” like appearance.

## BEHIND THE NECK PULLDOWNS

**EMPHASIZED MUSCLES:**

Heavy Use: Latissimus dorsi, Teres minor & major, Infraspinatus, Rhomboideus major

**Muscle Position and Execution:**

- Start with hands in (pronated) overhand position
- Arms in a fully extended position
- Pull arms and elbows down to the side of the body, squeezing scapulas together
- Pull the bar to the base of the neck, bending the head down slightly as you

come to the bottom of the movement

**Tips and Form:**

- Keep pressure toes and lean slightly forward
- Always keep a tight grip with thumb wrapped around index fingers
- Control the bar as you come back to the starting position each time
- Blow out the air at the bottom of each repetition (concentric phase)
- Breathe in when returning to the top of each rep (eccentric phase)

## References

Franis, P. *Applied Anatomy and Kinesiology*. Supplemental materials. (San Diego: KB Books, 1999)  
 Gray, Henry, F.R.S. *Anatomy Descriptive and Surgical, 15<sup>th</sup> ed.* (New York: Barnes & Noble, 1995), 401 to 406  
 Greene, Paul. *Kinesiology: Movement in the context of activity* (St. Louis: Mosby, 1999)  
 Rasch, P.J. *Kinesiology and Applied Anatomy, 7<sup>th</sup> ed.* (Lea and Febiger, 1993)



## Reverse Grip Bent Over Rows

**Heavy Use:** Latissimus dorsi, Teres major, Rhomboideus major, Erector spinae

and repeat steps

### Muscle Position and Execution:

- ❑ Feet shoulder width
- ❑ Hold bar with a reverse grip
- ❑ Start with knees bent slightly and bent over with head up
- ❑ Starting out the bar should be at knee level
- ❑ Raise the bar pulling bar into your belly button, elbows back & chest out
- ❑ Slight pause at the top of movement

### Tips and Form:

- ❑ These should be done at a moderate tempo
- ❑ Always keep your eyes up on the mirror
- ❑ Keep a tight grip with hands palms up position
- ❑ Keep low back slightly arched, chest out at the top of each movement
- ❑ At the top of each movement squeeze and blow out the air



## DICKERSONS

### EMPHASIZED MUSCLES:

**Heavy Use:** Latissimus dorsi, Teres major

❑ Keep nice control of the bar when returning to the top of each movement

### Muscle Position and Execution:

- ❑ Standing with feet shoulder width and feet flat on the floor
- ❑ Start with cable eye level
- ❑ Keep arms straight, do not bend throughout the movement
- ❑ Pull cable down to the top of your legs and pause
- ❑ Blow out the air and pull chest out at the bottom of each movement

### Tips and Form:

- ❑ Lean slightly forward to put more tension on your lats
- ❑ Use a weight that you can control, this movement should be light
- ❑ Keep abdominals tight during this movement
- ❑ Keep slight arch in back and do not round your shoulders during this movement



**Muscleology:** The Latissimus dorsi's main function during this movement is adduction. Adduction: is pulling the arms and elbows down to the sides of the body from and overhead position. The teres minor and the infraspinatus's primary action is to rotate the humerus in the outward movement when the arm is in a raised position. They also serve to protect the shoulder joint from being injured. The main function of the Rhomboids is a slight rotation of the scapula upwards and backwards, flexing the muscles towards the spine.