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BACK 2 BASICS

WBFF Pro World Fitness Model Champion **Obi Obadike** explains how getting back 2 basics can build you a winning back...

The body-part that everybody seems to want to train is abdominals but the body part that very few people see or focus on is their back. It is a body-part that seems to go unnoticed and many people seem to neglect working this body-part.

The beauty about building a great back is creating the illusion of the ultimate taper V back with a very small waist and a wide tree trunk back. It takes consistency, diligence and an incredible amount of discipline to build a back like this. When I was that skinny kid in high school trying to develop my body was very difficult and my back was very narrow and not much of anything to look at. It took me so many years of training my back consistently with various different exercises to build it to a point where I believe it is one of my best body-parts.

The best way to train your back is implementing a wide variety of different anaerobic weight-training exercises and I am here to share with you some of the exercises I do that have helped me build my back.

The first exercise is pull-ups which are one of the best exercises you can ever do to build a wide back and it is also one of the most difficult exercises because most people do have a hard time performing pull-ups with their own body-weight. If your objective is to build a wide back make sure you take a wide grip when doing this exercise. In fact when I do pull-ups my arms are always wide because I have a naturally narrow back so my goal is to always do

pull-ups with a wide arm stance to help widen my back.

All of the pull-ups I do are over hand with my palms facing forward which allows me to directly focus the exercise on my back as opposed to my biceps. Indirectly you will work your arms in this exercise but the main focus is on your back. We start by taking a wide grip on the pull up bar, then pull your body upward and try and touch your chin on the top bar. Make sure you squeeze and contract your back muscles at the top position for 2 seconds before you lower yourself in a controlled manner back to the start position. Try not to swing or use your legs to pull yourself up as that is some of the common errors I see when performing this exercise. It is a fluid smooth upward motion when performing this exercise and also make sure you are breathing properly and are not holding your breath as that will restrict oxygen intake and impair your performance. Repeat this exercise 10 to 12 reps.

The next back exercise is barbell bent-over rows, it is great to add more thickness and density to your back. It is vital that you practice good form when performing this exercise by ensuring your knees are bent slightly throughout the entire movement. Starting with your knees bent and bend over the bar with a slight arch on your back as this ensures a good contraction. Make sure you grasp the bar with a wide overhand grip (palms towards your legs). Pull the bar up to your upper waist and return until your arms are extended and shoulders are completely stretched forward.

This exercise is one of the best movements for building density and also width in the back. Ensure you are breathing properly throughout each rep, breath in as you pull the weight up and out as you lower it down. It's very important as this will ensure maximum oxygen uptake