

Incline Dumbbell Rows

By
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Recently I damaged my ankle. To begin with the first round of doctors said the x-ray showed a broken fibula. In a boot cast, from foot to knee, I went for a week when an orthopedic surgeon re x-rayed the ankle and it showed I did not break my fibula but rather tore the ligament off the ankle. The ligament took part of the ankle bone with it when it came off.

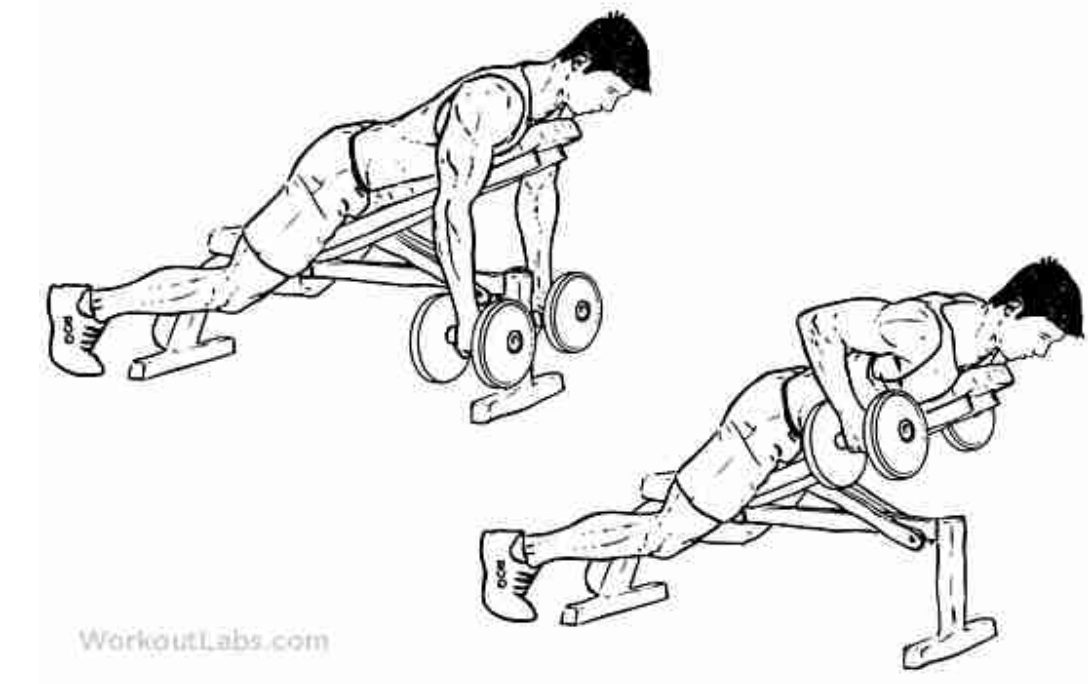
Needless to say it has been a painful and disruptive process. Next week I return to the orthopedic surgeon for a follow up evaluation to determine what the next step is to be and review my options. He is slow to operate due to my being a diabetic, not only healing in the lower extremities but any surgery can cause a lot of problems for a diabetic. So we'll see what happens. Until then I can't just not workout so I've had to alter my workouts to accommodate my present situation. I am limited in what I can do but I can still do something.

It goes without even saying leg work especially for the calves is out of the question. Chest can be worked as can arms and delts but back is a tricky one. Especially since the injury prevents me from performing one of my favorites, the bent over barbell row. Lat pull downs of different grips and angles are okay. Seated rows are out due to the pressure on the ankle because I can't use my foot to brace against the footplate. So I do what I've done for years, improvise. The value of instinctive training pays its rewards as my file on exercises and variations is abundant. I haven't done incline dumbbell rows in a long time so maybe it's time to add them in. Happy I have, I've rediscovered the great feel they bring to a back workout.

I began by rolling over some dumbbells and positioning them so when I laid on the incline bench I could simply reach down, pick them up, and row – row – row. I stayed with a pair of 70 pounders as this provided just the right amount of weight. I could have used a lighter weight and I may do just that next workout. By the time I was ready for the rows my lats were pretty well pumped. I fixed the incline bench to about 30 degrees.

Limited in my movements here is what my back workout looked like this past week. I will mix it up from workout to workout until I can once again train without worrying about the ankle.

Wide grip lat pull down	5x10
Close grip lat pull down	4x10
Pull down behind the head	4x10
Incline dumbbell row	4x8
Seated dumbbell shrug	3-4x10



I've never been a big fan of pull downs to the back of the head due to shoulder stress. For this workout however, I've used light weight and gone for a good pump. Performing the incline dumbbell rows at the end of the lat work really pumps the lats. Next workout I'll finish off with dumbbell pullovers as I might let one of the other movements go.

It's a change from any normal workout but it has allowed me to continue to train with an injury and the variety was a welcome change.

Best of training under whatever circumstance you find yourself just know you can do something even if it is just a little something.

I found the illustration of the incline dumbbell row on the internet and the credit is listed as WorkoutLabs.com.

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