

**W** **O**

**R** **K**

BARBELL ROW EDITION 1

ACTION IS THE CATALYST FOR CHANGE

# WORK

## **PASSIONATE PRIVATE TRAINING. PROVEN RESULTS. UNMATCHED DEDICATION**

A Commitment to delivering passionate coaching that goes beyond just workouts—it's about guiding, motivating, and empowering you to unlock your full potential. With a results-driven approach and unwavering dedication, I ensure every session moves you closer to your goals, transforming not just your body, but your mindset and lifestyle.

### **Personalized Guidance for Maximum Results**

Committing to a healthier lifestyle is so much more than just aesthetics—it's about longevity, vitality, and mental resilience. One of the most effective ways to get started on this journey is by working with a friend and professional butt kicker to help guide you through the process.

A great trainer isn't just someone who guides you through workouts; we are a dedicated partner in your pursuit of a better life. No two bodies are alike, and neither are their fitness needs. A personal trainer tailors workouts and nutrition plans specifically to your goals, whether it's fat loss, muscle gain, improved athletic performance, or simply feeling more energized. Instead of following a generic program, you get a someone that understands you and how to best structure a plan designed for you and how you live your life.

We all know how easy it is to hit the snooze button and skip the gym when no one is watching. Your personal trainer keeps you accountable, ensuring consistency in your workouts and lifestyle choices. Knowing that someone is tracking your progress and expecting you to show up instills a deeper sense of commitment and responsibility and can be a total game changer in your life.

**YOUR GOALS ARE MY  
OBSESSION**

# ORIGINS



## Origins of the Barbell Row

The Barbell Row has a rich history that spans over a century, deeply rooted in strongman training, bodybuilding, Olympic weightlifting, and powerlifting. While rowing exercises have been part of strength training for centuries, the barbell row, in its modern form, evolved through various lifting cultures and training methodologies.

### Strongman Era (1800s – Early 1900s)

In the late 1800s, strongmen such as Eugen Sandow, Arthur Saxon, and Louis Cyr performed heavy pulling movements with barbells, dumbbells, and kettlebells to build full-body strength. Though early strongman training didn't include a strict barbell row as we know it today, many of their exercises (such as bent-over dumbbell rows and one-arm barbell lifts) laid the foundation. Their focus on posterior chain development, grip strength, and core control directly influenced the evolution of barbell training.

### Olympic Weightlifting & Bent Press Influence (1920s – 1950s)

Olympic weightlifting in the 1920s to 1950s emphasized explosive pulling movements, such as the snatch and clean & jerk.

Weightlifters used various pulling assistance exercises, including bent-over rows, to strengthen their lats, traps, and posterior chain to improve their pulling mechanics.

The Bent Press, a popular lift at the time, required strong lats and back stabilizers, which further encouraged rowing variations for strength development.

### Golden Era of Bodybuilding (1950s – 1970s)

Reg Park & the Evolution of Heavy Rows (1950s-1960s)

A British bodybuilder and mentor to Arnold Schwarzenegger, was one of the first to popularize the barbell row as a key mass-building movement. Park emphasized progressive overload, training with heavy barbell rows to build his thick, dense back—a staple for many bodybuilders that followed. Arnold Schwarzenegger, Franco Columbu, and Sergio Oliva made barbell rows a foundational part of their back training.

Schwarzenegger, particularly in the 1970s, was a strong advocate of heavy T-Bar Rows and Barbell Rows to develop back thickness.

His training philosophy emphasized using free weights for maximum strength and hypertrophy, further cementing the barbell row as a bodybuilding staple.

### Bill Starr's Strength System (1970s)

Bill Starr, a legendary strength coach, wrote *The Strongest Shall Survive* (1976), where he promoted the barbell row as one of the key compound lifts for athletes. He incorporated barbell rows into football strength programs, alongside squats, bench presses, and power cleans, emphasizing their role in building upper-body pulling strength.

### Glenn Pendlay & The Pendlay Row (1990s)

In the 1990s, USA weightlifting coach Glenn Pendlay introduced the Pendlay Row, a stricter variation of the barbell row. The Pendlay Row emphasizes pulling from the floor each rep, eliminating momentum and maximizing lat engagement. This version became highly popular in Olympic weightlifting, powerlifting, and CrossFit, helping lifters improve pulling mechanics and back explosiveness.

### Modern Variations (2000s – Present)

The Barbell Row in Functional Fitness & Strength Sports Today, barbell rows are a staple in powerlifting, Olympic lifting, bodybuilding, and CrossFit. Variations such as Yates Rows (underhand grip), Pendlay Rows, Seal Rows, and T-Bar Rows allow lifters to target specific aspects of back development.

### Sports Performance & Rehabilitation

Strength coaches now incorporate barbell rows into sports performance programs for athletes in football, wrestling, rugby, and combat sports. Physiotherapists and trainers use modified rowing exercises to correct postural imbalances and strengthen the posterior chain for injury prevention.

## 01:

### Setting the Foundation

So you're ready to start a new workout program? That's awesome! Before we jump into heavy lifts and intense sessions, let's make sure you have a solid foundation. My job as your trainer is to set you up for success—not just for the next few weeks, but for the long run.

First things first, let's talk about your goals. What do you want to achieve? Whether it's building strength, losing fat, improving endurance, or just feeling better in your own body, having a clear direction will keep you motivated. We'll also assess where you're at right now, so we can track progress and make smart adjustments along the way.

## 02:

### Progressive Overload

One of the most important principles in strength training. This simply means gradually increasing the challenge over time, whether that's adding more weight, increasing reps, or improving movement quality. Your body adapts when you push it just a little beyond what it's used to, but we do it in a way that keeps you strong and injury-free. Small, steady improvements lead to big results.

## 03:

### The Right Nutrition

Training hard is only half the battle—what you eat plays a huge role in how well you recover, build muscle, and perform. Think of food as fuel. If you're not giving your body the right nutrients, you won't get the best results from your workouts. Focusing on whole, nutrient-dense foods—lean proteins, complex carbs, and healthy fats. Protein helps repair and build muscle, carbs provide the energy to power through workouts, and fats support hormone function and overall health.

PROGRESS | EFFORT | PERSISTENCE

# GET THE MOST OUT OF TRAINING

## IT STARTS WITH THE FUNDAMENTALS

### Setting the Foundations: Starting a New Workout Program

One of the most important things I'll teach you is how to move properly. We'll focus on mastering the basics—things like squats, rows, and pressing movements—because good form is everything. Strength and progress come from doing the right things consistently, not just lifting heavier weights. I'd rather see you move well with light weight than struggle with bad form and risk injury.

**Now, let's talk about progressive overload** One of the most important principles in strength training. This simply means gradually increasing the challenge over time, whether that's adding more weight, increasing reps, or improving movement quality. Your body adapts when you push it just a little beyond what it's used to, but we do it in a way that keeps you strong and injury-free. Small, steady improvements lead to big results.

And speaking of progress, **remember:** this is a marathon, not a sprint. The real magic happens when you stay consistent, fuel your body with the right nutrition, and allow time for recovery. Sleep, hydration, and even stress management play a huge role in how your body responds to training.

**Fueling Your Body:** Proper Nutrition for Success

Training hard is only half the battle—what you eat plays a huge role in how well you recover, build muscle, and perform. Think

of food as fuel. If you're not giving your body the right nutrients, you won't get the best results from your workouts.

Start by focusing on whole, nutrient-dense foods—lean proteins, complex carbs, and healthy fats. Protein helps repair and build muscle, carbs provide the energy to power through workouts, and fats support hormone function and overall health. Hydration is just as important—aim to drink plenty of water throughout the day to keep your body functioning at its best.

**It's also about timing.** Eating a balanced meal or snack with protein and carbs before your workout gives you energy, while a good post-workout meal helps replenish glycogen and repair muscles. Small adjustments in your diet can make a big difference in how you feel and perform over time.

Lastly, consistency is key. You don't have to eat perfectly every day, but making smart choices most of the time will help you build lasting habits that support your fitness goals.

### Stay Committed & Trust the Process

Be patient with yourself. Some days will feel great, and others will be tough—that's part of the process. But trust me, if you commit to the plan and focus on small wins every day, you'll see big changes over time. Let's do this!



# 01

## Set Up:

Begin by standing with your feet shoulder-width apart. Approach a loaded barbell on the floor and grip it with an overhand grip (palms facing down), slightly wider than shoulder-width.

# 02

## Hip Hinge:

Bend at your hips while keeping a slight bend in your knees. Maintain a 45-degree torso angle, keeping your chest up and back straight.

# 03

## HIP + CORE

Engage your core to stabilize your spine and prevent excessive rounding.

# 04

## Initiate the Row:

Pull the barbell towards your lower ribcage, leading with your elbows. Focus on squeezing your shoulder blades together at the top.

### \*1 Common Mistakes

**Rounding the Back:** This places unnecessary stress on the lower back. Keep your core tight and maintain a neutral spine.

### \*2 Too Much Momentum

Avoid jerking the weight up. Use a controlled movement to fully engage the back muscles.

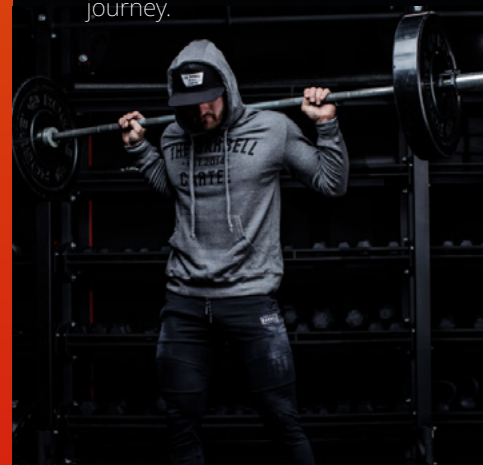
### \*3 Over-Reliance on the Arms:

The row should primarily activate your back. Make sure to initiate the pull with your back muscles rather than your biceps.

# 05

## Control Descent:

Lower the barbell in a controlled manner to prevent momentum from taking over.



# Workout Breakdown

**Primary Lifts:** Strength-focused, compound movements.  
**Accessory Work:** Targeted hypertrophy and stability exercises.  
**Finisher:** High-rep pump work or core integration.

## Warm-Up (5-10 min)

Arm Circles & Shoulder Rolls – 1 min  
Banded Pull-Aparts – 2 sets x 15 reps  
Scapular Pull-Ups – 2 sets x 8-10 reps  
PVC Pass-Throughs or Face Pulls – 2 sets x 12 reps  
Light RDL + Bent-Over Row (Empty Barbell) – 1 set x 10 reps

## Notes & Modifications

**Progressive Overload:** Increase weight slightly each week while maintaining form.  
**Substitutions:** If barbell row is too challenging, start with chest-supported dumbbell rows.  
**Recovery:** Focus on mobility drills and thoracic spine work post-training.

## High-Protein Recovery Shake (Chocolate Banana)

**Best for:** Muscle recovery and glycogen replenishment after a strength-focused workout.

### Ingredients:

1 scoop (30g) whey protein (chocolate flavor)  
1 medium banana (for fast-digesting carbs)  
1 cup unsweetened almond milk (or water)  
1 tbsp natural peanut butter (for healthy fats)  
½ cup oats (for additional carbs)  
½ tsp cinnamon (anti-inflammatory benefits)  
Ice cubes (optional).

CAL	PRO	CARBS	FAT	FIBER
420	35G	50G	10G	7G

### Why It Works:

**Banana & Oats:** Provide fast and slow-digesting carbs for sustained energy replenishment.  
**Whey Protein:** Supports muscle protein synthesis.  
**Peanut Butter:** Adds healthy fats for nutrient absorption and sustained energy.

# upper body workout

## Upper Body Strength & Hypertrophy Workout

### 01: Barbell Row (Strength Focus)

4 sets x 5-8 reps (moderate-heavy weight)  
**Rest:** 60-90 sec between sets  
Focus on strict form and a controlled eccentric.

### 02: Barbell Overhead Press

4 sets x 5-8 reps  
**Rest:** 60-90 sec between sets  
Builds shoulder and tricep strength, complementing the Barbell Row.

### 03: Pull-Ups OR Lat Pulldown

3 sets x 8-12 reps  
**Rest:** 60-90 sec between sets  
Targets lats, traps, and biceps for balance in pulling

### 04: Dumbbell Incline Press

3 sets x 8-12 reps  
**Rest:** 60-90 sec between sets  
Enhances upper chest and anterior delts.

### 05: Chest-Supported Dumbbell Row

3 sets x 10-12 reps  
**Rest:** 60-90 sec between sets  
Eliminates lower back stress and isolates the lats and traps.

### 06: Face Pulls OR Rear Delt Flyes

3 sets x 12-15 reps  
**Rest:** 60-90 sec between sets  
Strengthens rear delts, traps, and rotator cuff.

### 07: Core & Conditioning:

**7a** - Hanging Knee Raises – 3 x 15 reps  
**7b** - Battle Ropes – 30 sec on / 15 sec rest (3 rounds)

**Goal:** Build strength and muscle in the upper body while improving pulling mechanics with the Barbell Row.  
**Equipment Needed:** Barbell, dumbbells, adjustable bench, pull-up bar, and cables or resistance bands.  
**Primary Lifts:** Strength-focused, compound movements.  
**Accessory Work:** Targeted hypertrophy and stability exercises.  
**Finisher:** Core integration.

# Workout Breakdown

This full-body workout builds strength, muscle, and endurance, balancing upper and lower body work while keeping barbell rows as a key compound movement.

## Warm-Up (5-10 min)

Jump Rope or Row Machine – 2 min  
World's Greatest Stretch – 1 min per side  
Banded Glute Bridges OR Bodyweight Squats – 2 sets x 15 reps  
Scapular Pull-Ups – 2 sets x 8 reps  
Light RDL + Bent-Over Row (Empty Barbell) – 1 set x 10 reps

## Notes & Modifications

**Progressive Overload:** Increase weight each week while maintaining good form.

**Substitutions:** If barbell row is too challenging, start with chest-supported dumbbell rows.

**Recovery:** Foam rolling, stretching, and thoracic mobility work post-training.

## Anti-Inflammatory Protein Smoothie (Berry Power)

**Best for:** Recovery, reducing muscle soreness, and hydration.

### Ingredients:

1 scoop (30g) whey or plant-based protein (vanilla flavor)  
1 cup mixed berries (strawberries, blueberries, raspberries)  
1 cup coconut water (for hydration & electrolytes)  
½ cup Greek yogurt (for probiotics & extra protein)  
1 tbsp chia seeds (for omega-3s & fiber)  
½ tsp turmeric (anti-inflammatory)  
Ice cubes (optional)

CAL	PRO	CARBS	FAT	FIBER
350	40G	35G	6G	8G

### Why It Works:

**Berries :** Rich in antioxidants that help reduce oxidative stress from intense training.

**Coconut Water :** Provides electrolytes (potassium, magnesium) for rehydration.

**Chia Seeds :** Offer omega-3s for inflammation control and digestion support.

**Greek Yogurt :** A casein-rich protein source for sustained amino acid release.

# full body workout

## Full-Body Strength & Hypertrophy Workout

### 01: Barbell Squat (Strength Focus)

4 sets x 5-8 reps (moderate-heavy weight)  
**Rest:** 60-90 sec between sets  
Targets quads, glutes, and core while improving squat mechanics.

### 02: Barbell Row (Posterior Chain Strength)

4 sets x 6-8 reps  
**Rest:** 60-90 sec between sets  
Focus on controlled tempo and lat activation.

### 03: Romanian Deadlift

3 sets x 8-12 reps  
**Rest:** 60-90 sec between sets  
Builds glutes, hamstrings, and lower back while reinforcing hinge mechanics.

### 04: Overhead Press

3 sets x 8-12 reps  
**Rest:** 60-90 sec between sets  
Strengthens delts, triceps, and core stability.

### 05: Pull-Ups OR Lat Pulldown

3 sets x 10-12 reps  
**Rest:** 60-90 sec between sets  
Helps develop vertical pulling power.

### 06: Bulgarian Split Squat

3 sets x 10-12 reps per leg  
**Rest:** 60-90 sec between sets  
Improves single-leg strength, stability, and mobility.

### 07: Face Pulls OR Rear Delt Flies


3 sets x 12-15 reps per leg  
**Rest:** 60-90 sec between sets  
Targets rear delts and upper back, improving posture.

**Goal:** Develop total-body strength, hypertrophy, and athletic performance while emphasizing posterior chain development.  
**Equipment Needed:** Barbell, dumbbells, resistance bands, adjustable bench, pull-up bar.

# ROGUE BAR 2.0

     
20KG BUSHING 28.5MM U.S.A. MFG



 Made At The Rogue Factory  
Columbus, Ohio U.S.A.

This is the next generation of the 28.5MM Olympic bar that helped launch the revolution. Now fully machined and assembled at the Rogue factory in Columbus, Ohio, the Rogue Bar 2.0 represents the highest level of precision engineering with a wide range of new

features—including stronger 190 PSI steel, durable composite bushings, and CNC-machined groove sleeves allowing for customization of your barbell with your own color bands.

# WORKOUT RECOVERY

Unlike whey protein concentrate, whey isolate has had most of the fat and carbs from its milk source filtered out, leaving you with what you want—protein to help you build muscle, recover from workouts, and support lean body mass.†

Whey is a supplement superstar in part because of its high leucine content. Leucine is a powerful branched-chain amino acid that signals the body to activate protein synthesis. The sooner you get protein (and the leucine within it) into your muscles, the sooner you can begin to recover from your workout. Due to its fast absorption, whey protein supports muscle recovery in hard training athletes and gym goers who partake in multiple activities per day.†

Onnit's Whey Protein is an easily digestible and highly absorbable protein supplement. It features non-GMO whey protein isolate derived from the milk of Irish dairy cows that have met Animal Welfare Approved standards. That means the cows were raised on farms where they can graze an average of 250 days per year.\*\*





DO THE WORK - LIVE YOUR LIFE

ROSEBELL  
CARTEL

# WORK

PROGRESS | EFFORT | PERSISTENCE

A COMMITMENT TO DELIVERING **PASSIONATE**  
COACHING THAT **GOES BEYOND** JUST WORKOUTS