

Bringing Sexy Back

YOU CAN'T SEE YOUR BACK, BUT WE SURE CAN By Ken Hunt

Do you fall into the trap of ignoring your back muscles? You don't see them, so you don't think to develop them. But this is one case where out of sight shouldn't equal out of mind. If your upper-body development isn't balanced, it can cause you to hit a plateau, to say nothing of muscle tears or serious injuries. You'll also look asymmetrical—and you want to look your best in that new Ed Hardy T-shirt don't you?

So how to develop a great back that also accentuates your V-shape and complement those powerful chest muscles? Just incorporate these three exercises into your workout routine and lift them heavy. (Yes, heavy.)

The dead lift This move not only develops your lower body, it also targets your entire back and guarantees fast overall muscle-mass gain.

Bent-over barbell row Best for thickening the upper and middle back, this exercise also adds density to your lower back muscles. **Chin Up** Doing both versions—palms facing you and palms facing out—is the best for developing that V-shape. (It's also a great bicep and tricep toner too.) Do the exercises slow and deliberate without swinging or using momentum to power your chin up. Pause for two seconds at the top and lower slowly, so you're fighting gravity instead of letting it do the work.

By incorporating these excellent exercises into your routine correctly, you'll see your upper body taking another different form in just weeks. Its time to bring sexy back.

Ken Hunt is an AFI-certified trainer and the owner of Steel Gym in Chelsea.

Steel Gym has been named of the top 5 gyms in the USA. By **Muscle and Fitness Magazine** and has earned the ranking as the Number 1 gym in New York City by the American Fitness Institute for "cost, cleanliness, equipment and service." Famed bodybuilder Victor Martinez, has called Steel Gym the "last real gym left in New York City."

Ken Hunt has been featured in the New York Times, Muscle and Fitness Magazine, Men's Fitness, Time Out NY, GENRE, HX, Stonewall News, Diversity Rules, Ethan Says, EXIT South Africa and on Sirius OUTQ Radio and Feast of Fools.

The gym is located at 146 W. 23rd St, New York, NY. For more information on Steel Gym, please call 212.352.9876.

