

A woman with long brown hair, wearing a black sports bra and black leggings, is performing a deadlift exercise in a gym. She is bent over at the hips, holding two black dumbbells with both hands. She is wearing bright orange sneakers. The gym background includes various pieces of equipment like treadmills and a red boxing bag hanging from a rack.

# *The 14 Best Back Exercises For Women*

*(With Sample Workouts)*

# Best Back Exercises For Women The Expert Series

**Hussin A.Rothana**



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