

**Q****My elbows hurt whenever I do rows. What are some less painful ways to hit my back?***—Dino R., Buffalo, NY***A**

First, look at your shoulder positioning. Simply pulling your shoulder blades "down and in" can really make a difference with elbow pain. Keep your core tight and back flat; focus on pushing the blades together rather than pulling the elbow to the body. If that still doesn't

help, try lat pulldowns, chinups (switch grips to see which is most comfortable), pullovers, reverse flyes, and TRX body-weight rows.

**SCOTT SCHREIBER, D.C.,**

*is the 2018 American Chiropractic Association Rehabilitation Council chiropractor of the year.*

**Q****I'm addicted to diet soda. Is drinking it going to wreck my physique?***—Nick P., Waco, TX***A**

At this time, credible research surrounding diet soda's connection to weight management is inconsistent and inconclusive. The major concern is the artificial colors and sweeteners, which may have long-term health repercussions, such as the increased risk of heart disease, diabetes, and having a stroke. Try cutting back to one daily or use stevia-sweetened alternatives like Zevia. Better yet, switch to sparkling water—there are several great sparkling waters (aka seltzers) on the market now with no artificial colors or sweeteners.

**MARYANN WALSH, R.D.,**

*is the president of Walsh Nutrition in West Palm Beach, FL.*

**DITCH YOUR TRAINER →****Q****My abs don't quite pop. What can I do to change this?***—Gio E., San Diego, CA***A**

There's a lot of truth to the saying "abs are made in the kitchen." Unless you're in the single-digit body-fat range, no matter how many crunches you do, your abs will never pop. Tighten up your diet—reducing your carb intake can help you drop excess water that sometimes covers the abs. Then add resistance to your core exercises. Your abs are just like any other muscle—they will respond to heavier weight and therefore grow denser.

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