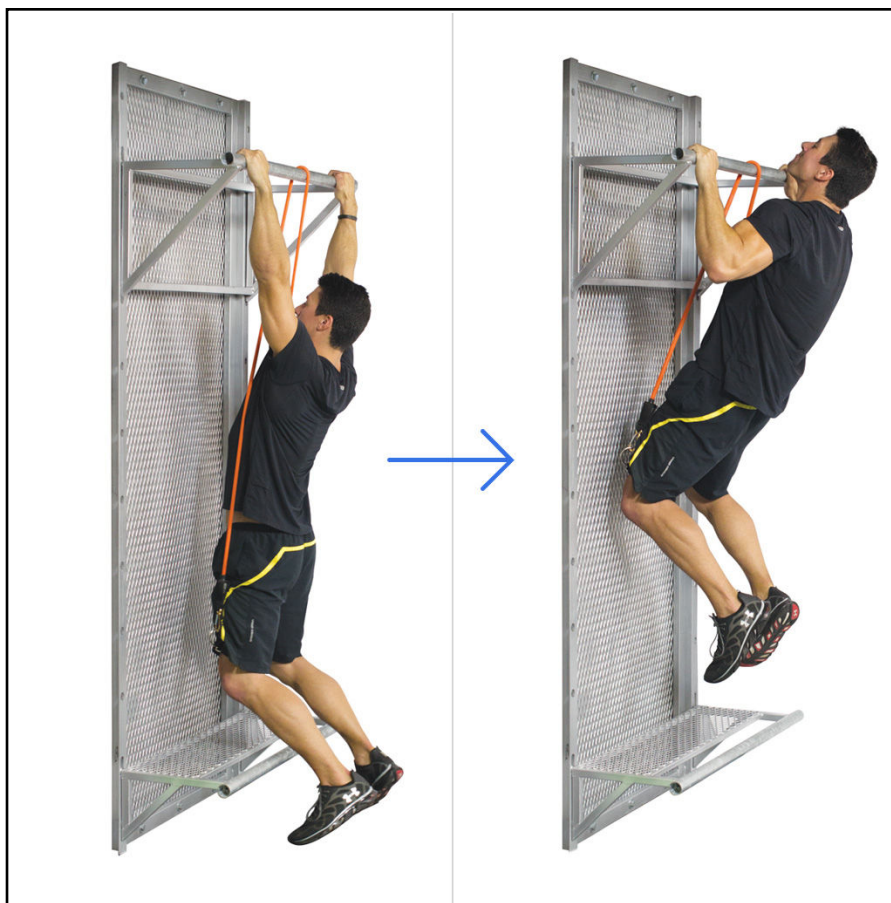


## Assisted Pull Ups With Bands

Area Targeted: Outer Back



### INSTRUCTIONS:

#### SET UP:

**Anchor:** Not required. Position the band over a secure pull up bar, making sure that both ends, hanging down are even.

**Bands:** Secure an ankle strap around each thigh (right above the knee) with the metal O-ring on top, right above your knee. Next, place your hand over the top of the band with one hand (to make sure it does not move) and clip each end of the band to an ankle strap.

**Body Positioning:** Grip the bar with your palms facing forward and hands wider than shoulders width apart. Now lower your body until your arms are straight and you are hanging from the bar.

#### MOVEMENT:

Pull your body straight up until your chin is at the height of the bar. Return to the starting position (controlling the resistance). Repeat.

#### POINTS TO REMEMBER:

1. Keep your hands gripped loosely around the bar, just tight enough to not let go.