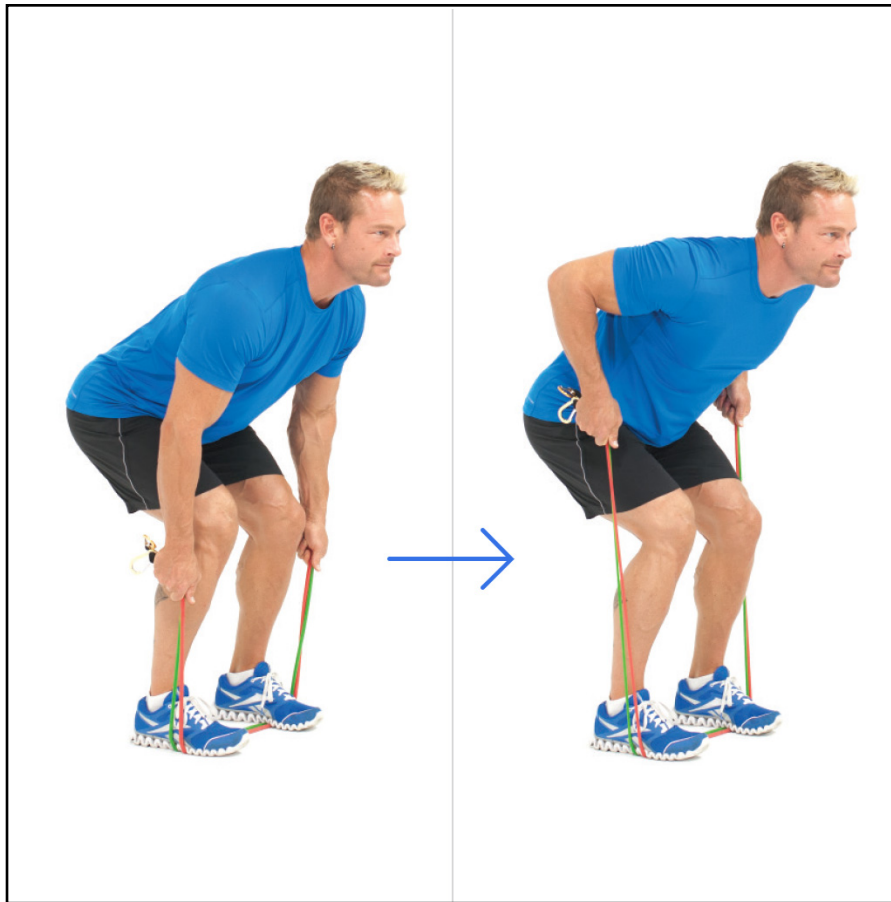


## Bent Over Back Row With Bands

Area Targeted: Outer Back



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=TE3v7CgXiiI>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Not required

**Bands:** No adjustment required

**Body Positioning:** Lay the band(s) on the floor and stand on the band(s) with your feet hips width apart. The length of the band on each side from the outside of your foot to the clip or handle should be about 6 inches. Now grab the band right below the clip or handle and get into a squatted position. Keep your knees bent, buttocks back, back straight, head straight, chest up, and shoulders back. Your arms should be straight down and the band should be starting to stretch.

#### MOVEMENT:

Pull the band up and back until your hand is by your hip. Return to the starting position (controlling the resistance). Repeat.

#### POINTS TO REMEMBER:

1. Keep a light grip on the band(s) just tight enough so you do not let go.
2. Pull through your elbow.