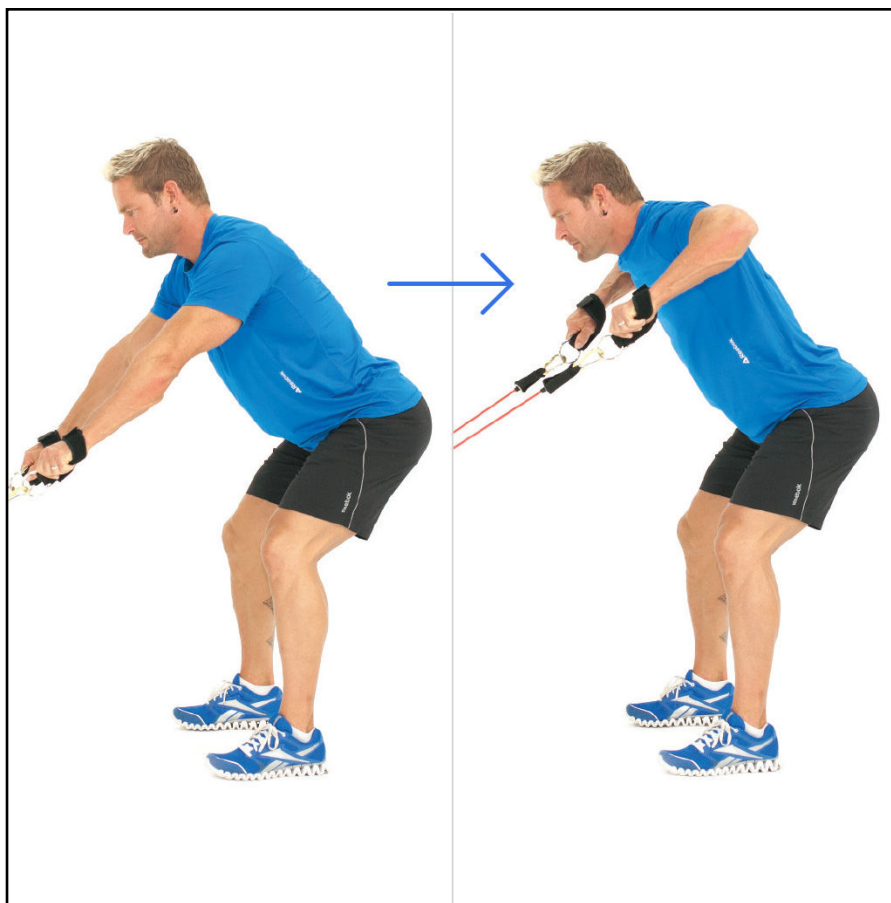


High Row With Bands Low

Area Targeted: Rear Shoulder



INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door.

Bands: Attach each end of the band(s) to a closed ankle strap and place your hands through the straps (so that they are resting on the top of your wrists.)

Body Positioning: Stand 3 to 4 feet away from the door while facing the door. Stand with your feet hips width apart, chest up and head straight. Stick out your buttocks and bend slightly forward at your waist. Position your arms down at a 45 degree angle, pointed towards the door anchor.

MOVEMENT:

Pull your elbows up and back until your they are even with your shoulders. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. As you pull your elbows back, keep your hands relaxed.
2. At the end of the movement, your upper and lower arm should be at a 90 degree angle.