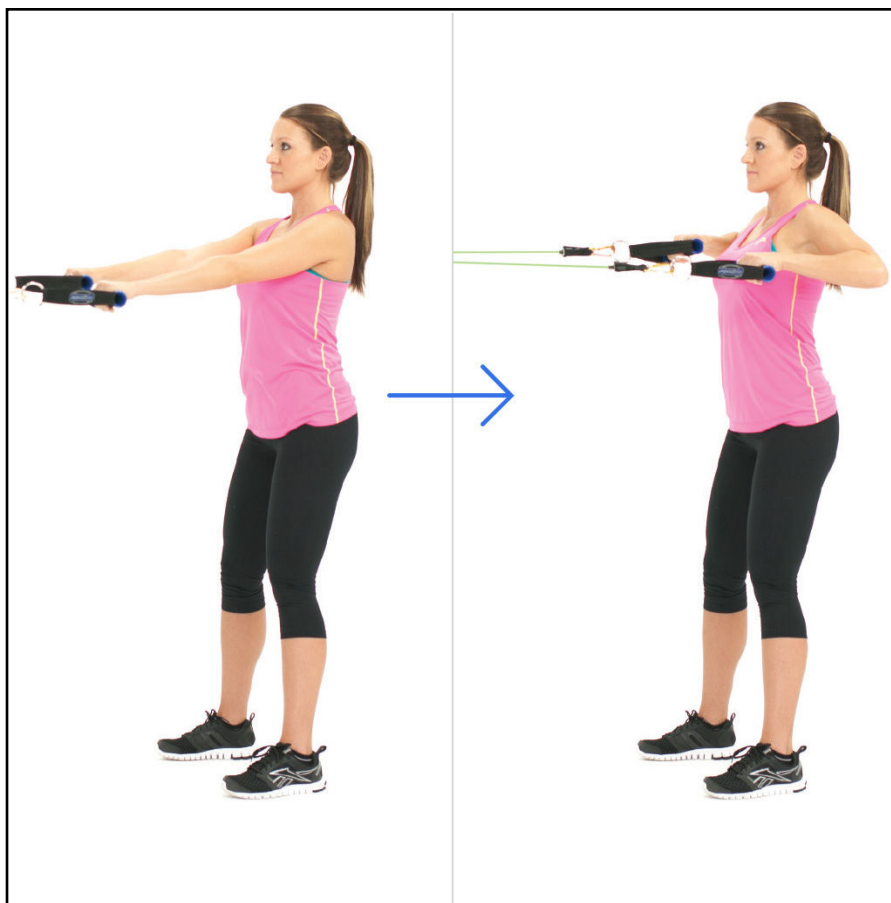


High Row With Bands Mid

Area Targeted: Rear Shoulder



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=eVYa9i5FGUY>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at chest height.

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. Keep your feet hips width apart, chest up and head straight. Position your arms straight out in front of you (parallel with the floor), and your palms down.

MOVEMENT:

Pull your elbows 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.