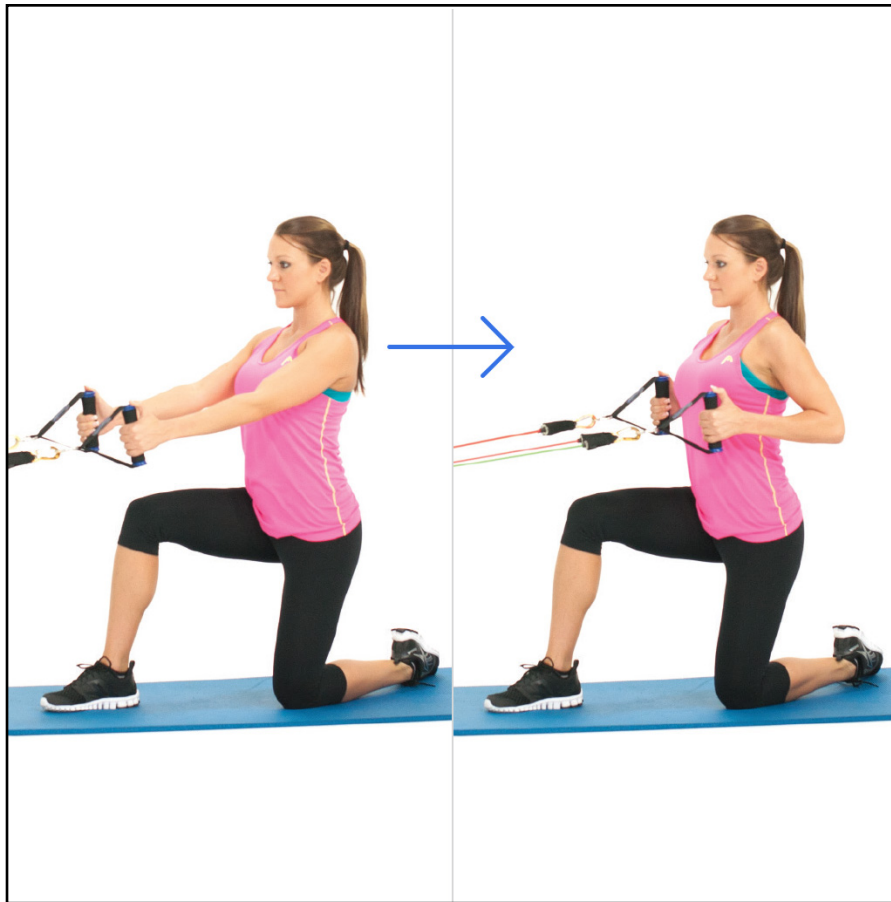


Kneeling Back Row With Bands

Area Targeted: Outer Back



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=r-39Y3egTqQ>

INSTRUCTIONS:

SET UP:

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

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Grip a handle in each hand and kneel down with one knee of the floor 3 to 4 feet from the door while facing the door. Keep your head straight and chest up.

MOVEMENT:

Pull the handles back until your hands are by your chest. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Hold the handles with a loose grip and squeeze your shoulder blades together as you pull back.
2. As you pull back, keep your arms tight to your body, and forearms parallel with the floor.