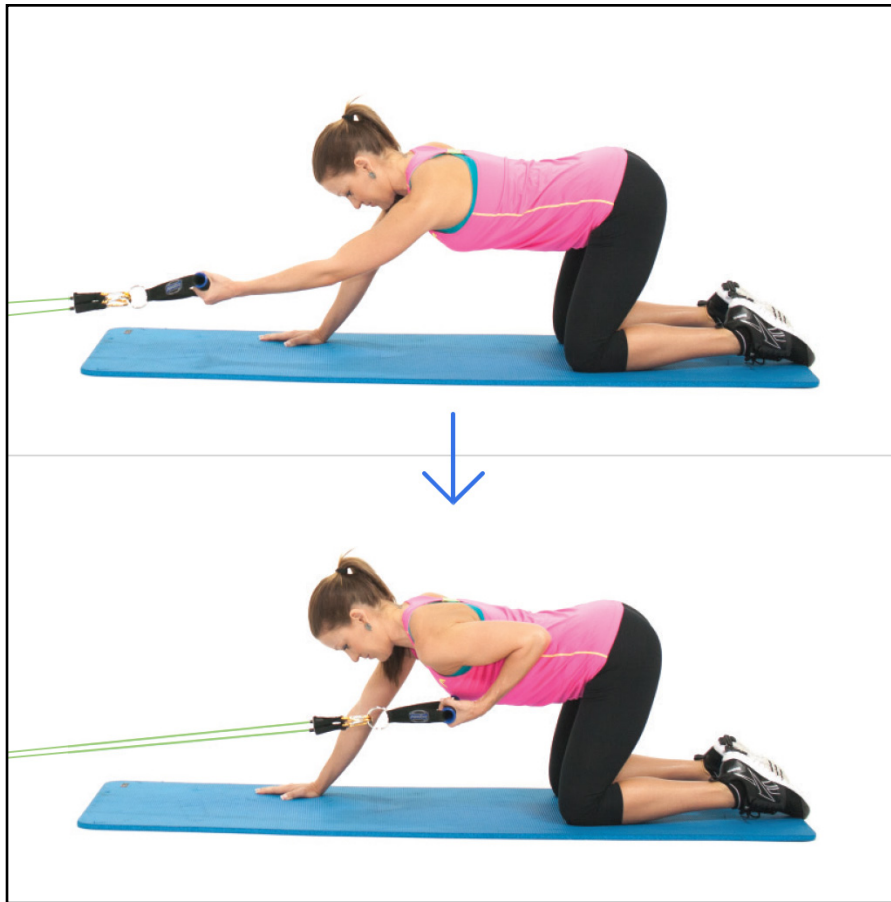


Kneeling One Arm Back Row With Bands

Area Targeted: Outer Back



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=kawhyu-WSn0>

INSTRUCTIONS:

SET UP:

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

Bands: Attach both ends of the band(s) to one handle, and grip the handle with one hand.

Body Positioning: Get down on your hands and knees 4 to 5 feet away from the door, while facing the door. Now position your body with your back straight and active arm straight (pointed towards the door anchor), with palm facing up. Raise the shoulder for the active arm towards your ear.

MOVEMENT:

Pull the handle back (away from the door) until your hand is below your chest. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Grip the handle loosely, just tight enough to not let go, and pull through your elbow.
2. Pull the shoulder of your active arm down as you pull the handle towards the ending position.