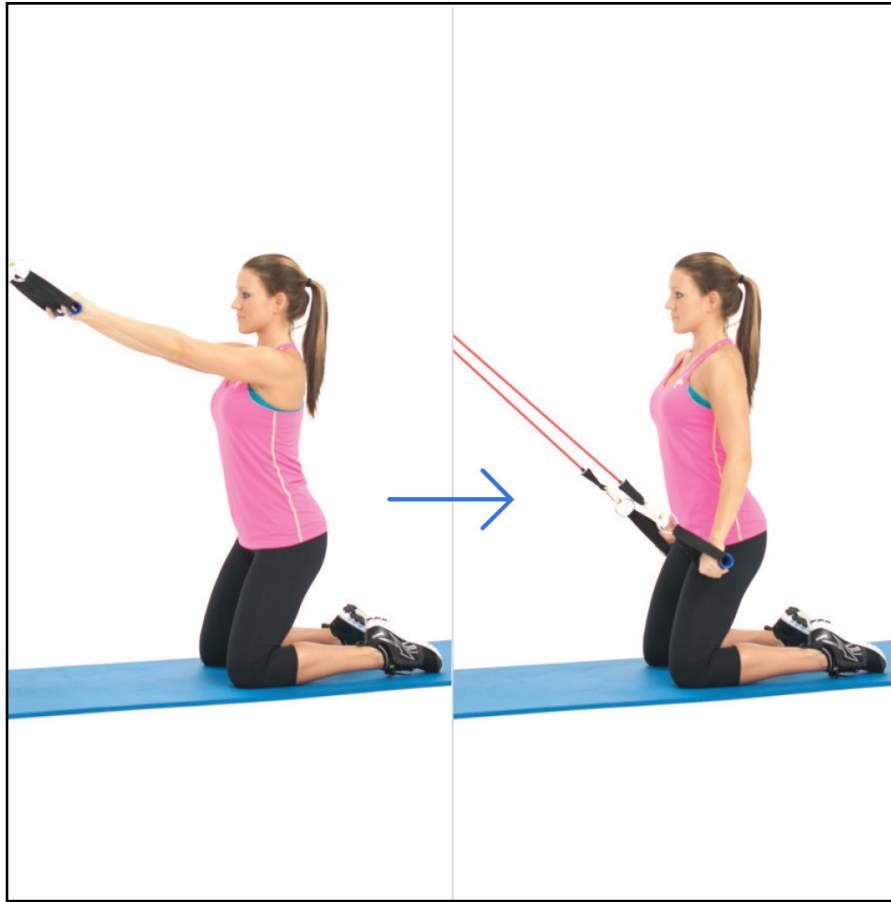


Kneeling Straight Arm Lat Extension With Bands

Area Targeted: Outer Back



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

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Grip a handle in each hand and kneel 3 to 4 feet away from the door while facing the door. Keep your back straight and chest up. Your arms should be straight and pointed up towards the door anchor (higher than your head), with palms down.

MOVEMENT:

Push the handles down and back until your hands are even with your hips. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. As you push the handles down, keep your shoulders back (scapular retraction) like you are squeezing a quarter between your shoulder blades.