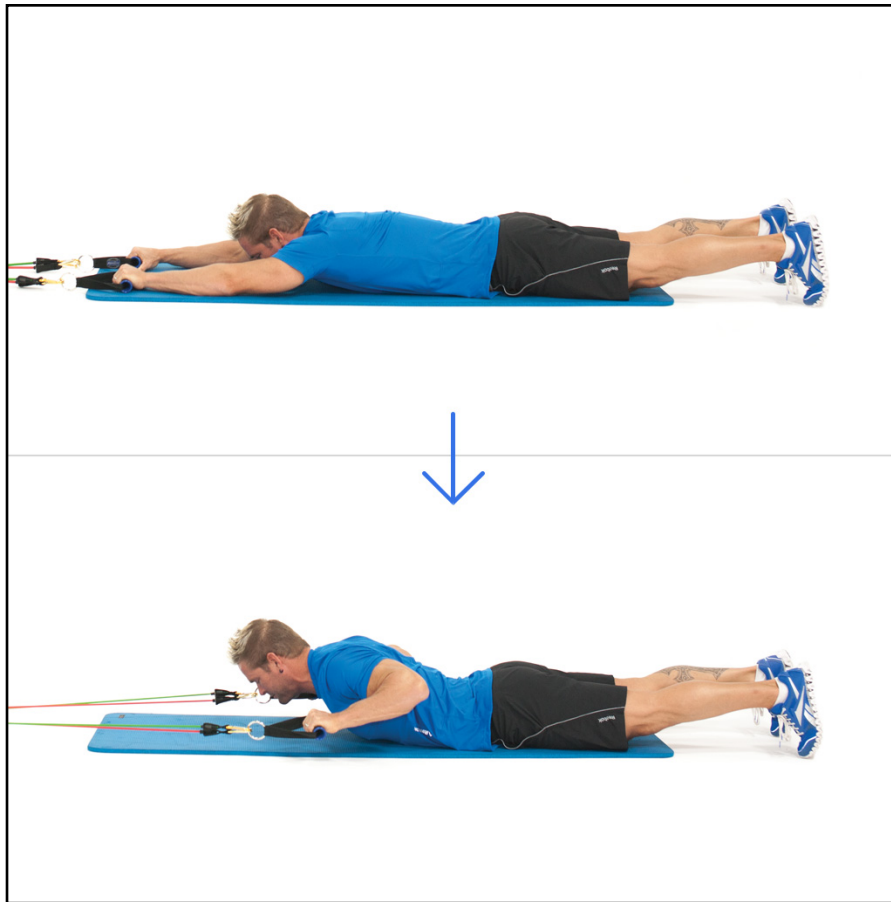


## Lying Lat Pull With Bands

Area Targeted: Outer Back



**FIND THIS EXERCISE ON YOUTUBE:** [https://www.youtube.com/watch?v=\\_1KvfgURbpE](https://www.youtube.com/watch?v=_1KvfgURbpE)

### 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 handle.

**Body Positioning:** Grip a handle in each hand and lie down on the floor facing the door. With your arms straight overhead (pointed towards the door anchor), move away from the door until the bands are beginning to stretch. Keep your head straight, arms straight, and shoulders up (towards your ears).

#### MOVEMENT:

Pull the handles down (away from the door), until your hands are even with your chin. Return to the starting position (controlling the resistance). Repeat.

#### POINTS TO REMEMBER:

1. Grip the handles loosely, just tight enough to not let go. Pull through your elbows.
2. Pull your shoulders down as you pull the handles towards the ending position.