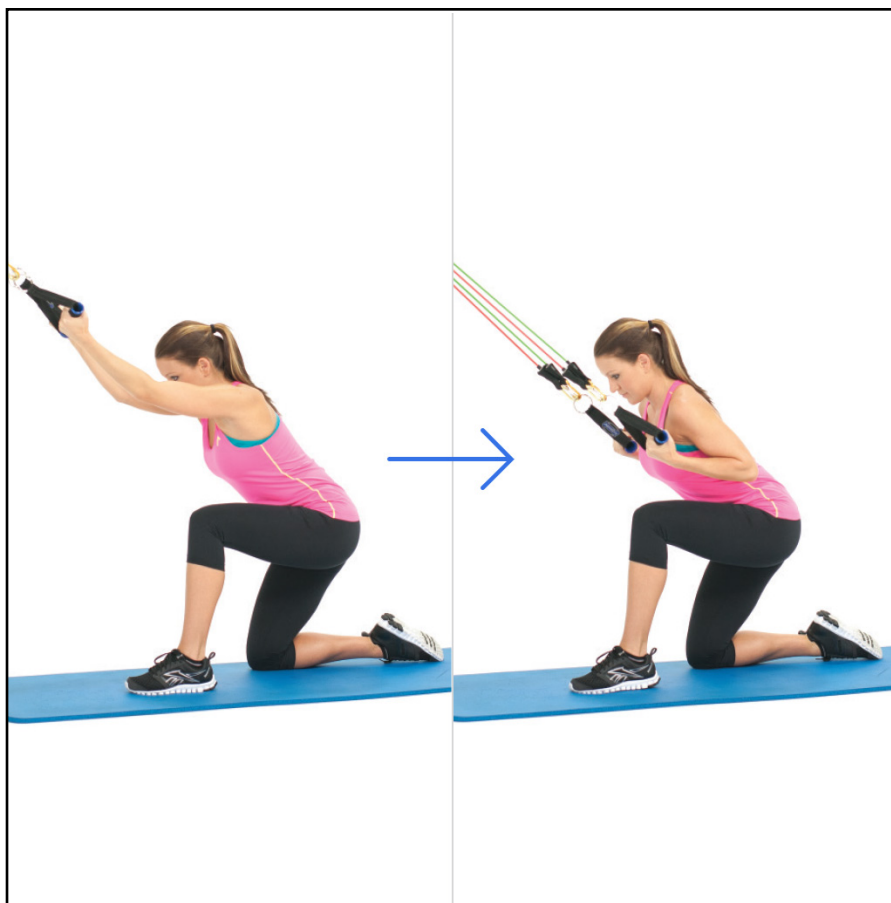


Reverse Grip Lat Pulldown With Bands

Area Targeted: Outer Back



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=frphU08LMwl>

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Grip a handle with each hand and kneel down on one knee, 3 to 4 feet from the door while facing the door. Keep your back straight and head straight. Your arms should be pointed towards the anchor with palms facing up and hands about 6 inches apart.

MOVEMENT:

Pull the handles down until your hands are below your chin. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Grip the handles loosely, just tight enough so that you will not let go.
2. Push your shoulder blades down as you pull the handles towards your chin.