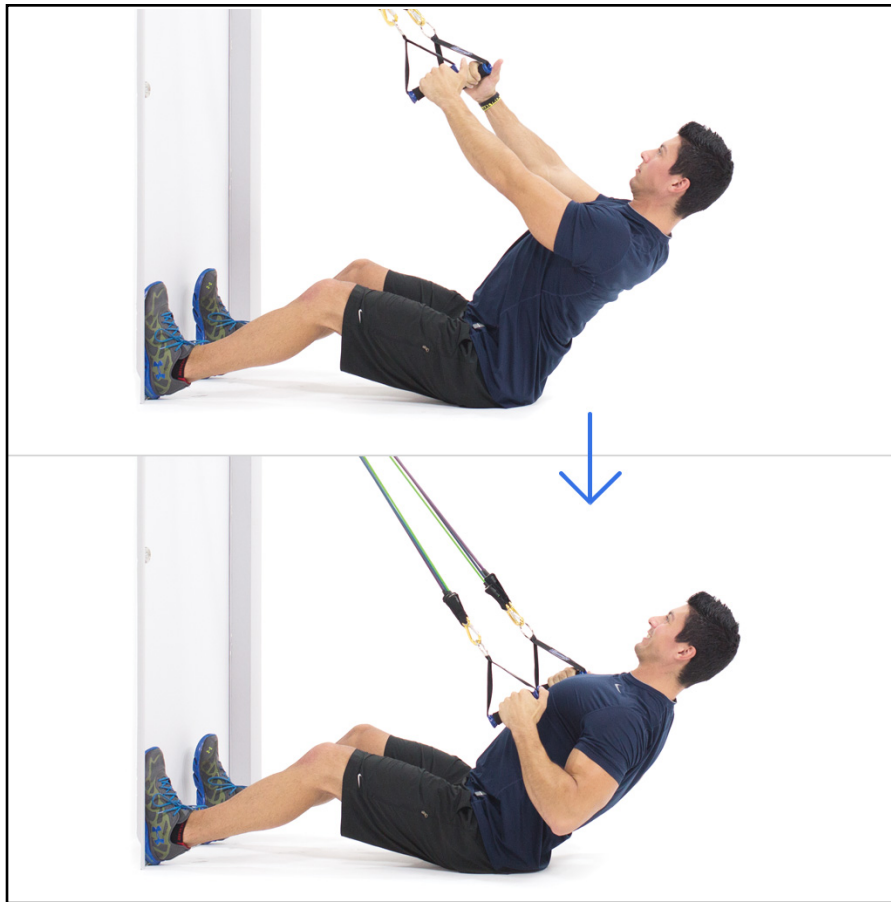


Seated Back Row With Bands (High)

Area Targeted: Outer Back



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=yIF-3TG1wgM>

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 sit close to door, facing the door, with your knees bent and toes touching the door. Keep your back straight, head straight, chest up, and shoulders forward. Your arms should be straight and pointed up towards the door anchor. Lean back until your upper body is making a 45 degree angle with the floor.

MOVEMENT:

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

POINTS TO REMEMBER:

1. Grip the handles loosely (just tight enough to not let go).
2. Keep your arms tight to your body as you pull back.
3. Squeeze your shoulder blades together as you pull the handles back to the ending position.