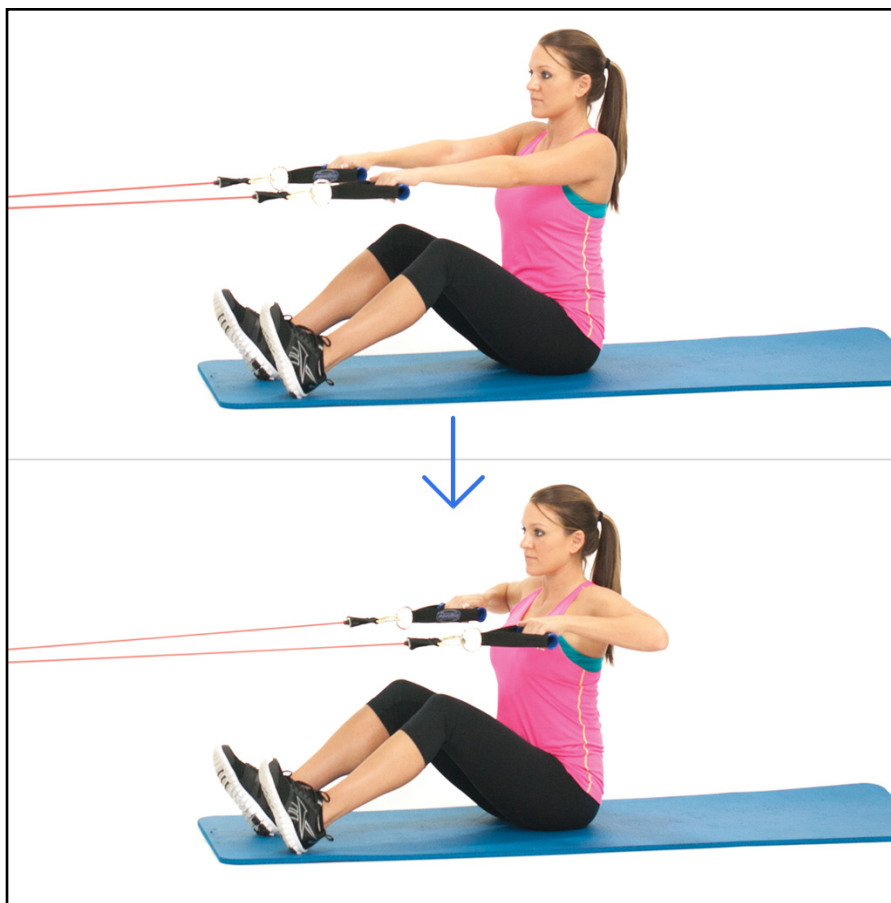


## Seated High Row With Bands

Area Targeted: Rear Shoulder



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=dWjVaR8Voyw>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at knee height.

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

**Body Positioning:** Grip a handle in each hand and sit 3 to 4 feet away from the door, while facing the door. Sit firmly on the floor with your back straight, chest up and head straight. Position your arms straight out in front of you (parallel with the floor), and your palms down.

#### MOVEMENT:

Pull straight back until your elbows are in line with your shoulders. Return to the starting position (controlling the resistance). Repeat.

#### POINTS TO REMEMBER:

1. As you pull, grip the handle lightly and keep your upper arms and forearms parallel with the floor.
2. At the end of the rep (movement) make sure that your upper and lower arm are at a 90 degree angle.