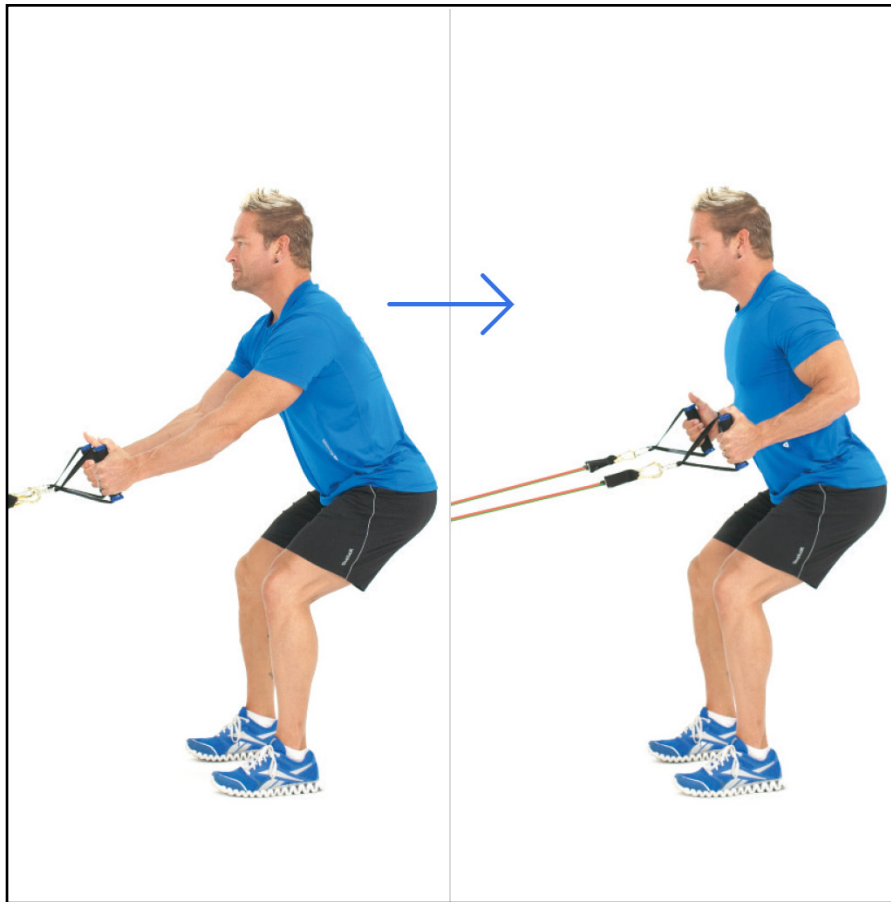


## Squatted Back Row With Bands

Area Targeted: Outer Back



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=77f59cHbq-8>

### 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 squat 3 to 4 feet from the door while facing the door. Keep your head straight and chest up. Your arms should be straight out in front of you (forearms parallel with the floor.)

#### MOVEMENT:

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

#### POINTS TO REMEMBER:

1. Hold the handles with a loose grip.
2. Squeeze your shoulder blades together as you pull the handles back.
3. Your arms should be tight to your body as you pull.