

Standing Back Extension With Bands

Area Targeted: Middle Back (along Spine)



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=JKZ2028gxrc>

INSTRUCTIONS:

SET UP:

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

Bands: No adjustment required.

Body Positioning: While facing the door bend forward and grip a side of the band with each hand so that the band is just starting to stretch. Position your lower body far enough away from the door so that when you bend forward, your head is close to the door, but does not touch it. Keep your arms straight (pointed towards the anchor), head straight, and back flat.

MOVEMENT:

Stand up against the tension until you are standing up straight. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Try to keep your hips stationary during the exercise (do not move them forwards and backwards).