



Standing Bilateral Row with Resistance Band

Starting position:

Standing with arms extended in front of you at shoulder height, palms down with slight resistance in the band.

Movement:

Tighten your core, bend your elbows in toward your side and squeeze your shoulder blades down and together with palms facing each other. Slowly return to starting position.

Position: Straight legs Squat stance
 Split squat stance Single leg stance

Perform Reps Sets Times a day



Standing Alternating Row with Resistance Band

Starting position:

Standing with arms extended in front of you at shoulder height, palms down with slight resistance in the band.

Movement:

Tighten your core, bend one elbow in toward your side and squeeze your shoulder blades down and together with palm facing in. Slowly return to starting position. Repeat for other arm.

Position: Straight legs Squat stance
 Split squat stance Single leg stance

Perform Reps Sets Times a day