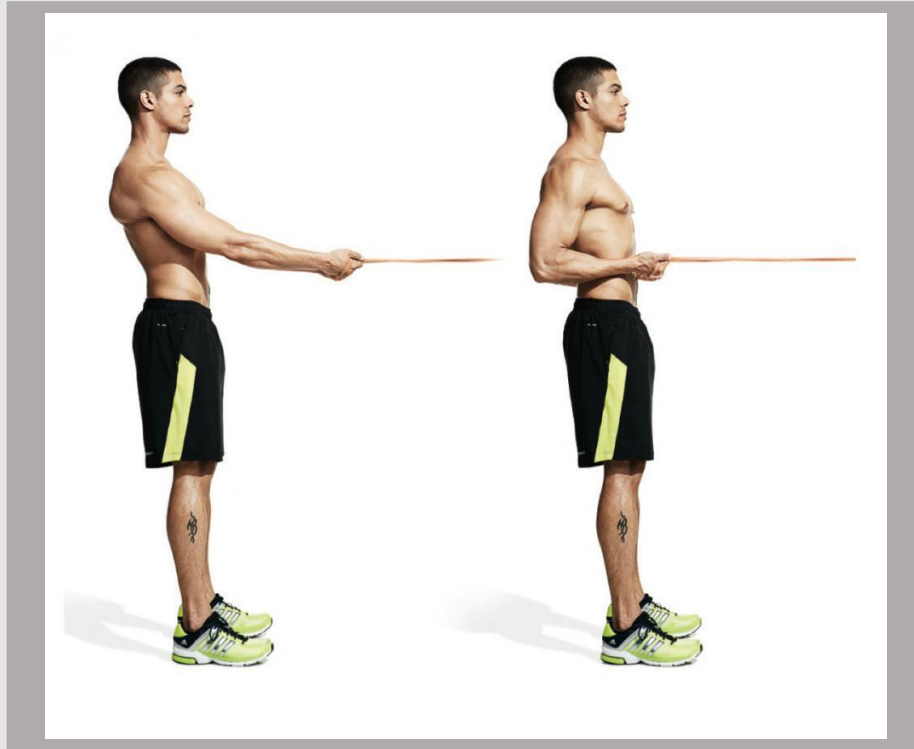


Standing Rows



Instructions

1. Place the TheraBand in the door hinge so that the band is in line with elbows when bent at 90 degrees.
2. Stand with feet shoulder width apart, toes pointing forward and shoulders rolled back with chest up.
3. Standing straight up, pull elbows straight back (arms tucked closely to your sides), squeezing shoulder blades together.
4. Slowly bring arms to starting position.
 - » Keep motion slow and controlled throughout the exercise.

Sets:

Repetitions:

Frequency: