

Bent over Fly

Anchor: Tubing under feet

Start: Bend at the hip, flat back, arms straight down.

Movement: Using your mid back with arms slightly bent; raise your hands out to the side while keeping your back flat.

Tip: Keep head in line with spine.

Straight Arm Pull Down

Anchor: Top of the door

Start: Stand with feet hip-width apart and arms in line with the band.

Movement: Using your back and keeping your arms slightly bent lower your arms to your side.

Tip: Keep abs tight for stabilization.

Single Arm Pull Down



Anchor: Top of door

Start: Stand with feet hip-width apart, arm extended up and in line with the tubing.

Movement: Using the back, lower the arm to your side, keeping a slight bend in the elbow.

Tip: Keep slight bend in the knees.

Reverse Fly



Anchor: Chest height

Start: Arms straight at chest height, palms facing each other.

Movement: Using your back, open arms wide with a slight bend until they are in line with the body.

Tip: Try not to lean back.

Bent over Row



Anchor: Band under foot

Start: With knee and hand on chair or bench, one foot on the floor, flat back and arm straight down.

Movement: Using your back, bend the elbow towards the ceiling.

Tip: Try to keep a 90 degree angle at the elbow.

Reverse Push Ups on Elbows



Anchor: Body weight on the floor

Start: Lie on your back, knees bent, elbows on the ground bent at a 90 degree angle.

Movement: Using your back, push up from the elbows bringing your back off the ground.

Tip: Try to keep your head in line with your spine.

Standing Back Row



Anchor: Door, waist high

Start: Stand with arms out straight, holding onto the handles.

Movement: Using your back pull the tubing, bending at the elbows, keeping a 90 degree angle.

Tip: Slight bend in the knees and abs tight.

Seated High Back Row



Anchor: Chest height while seated

Start: Sit with back tall, arms straight out and holding onto the handles, palms facing down.

Movement: Keeping elbows up and using your back, bend the elbows back to a 90 degree angle.

Tip: Keep your hands in line with your elbow.

Regular Seated Row



Anchor: Chest height while seated

Start: Sit with back tall, arms straight out and holding on to the handles, palms facing each other.

Movement: Using your back pull the tubing, bending at the elbows, keeping a 90 degree angle.

Tip: Sit tall

Overhead Reach



Anchor: Low/floor

Start: Stand facing the door with a slight bend in elbows, arms in line with the tubing.

Movement: Using your upper back lift arms straight over head.

Tip: Try not to lean back.

Kneeling Lat Pull Down



Anchor: High

Start: Kneeling on a mat or pillow and back tall, hold handles with palms facing each other above your head in line with the tubing.

Movement: Using your upper and mid back, pull your elbows down to your side as you bend the arm.

Tip: Try not to rock forward.

Floor Straight Arm Pull Downs



Anchor: Mid level

Start: Lie on your back, knees bent, feet flat on the floor. Hold the handles with your palms facing your feet and arms straight up from your chest.

BACK

Exercise Library



Movement: Keeping your head and shoulders on the ground and arms straight with a very slight bend at the elbow, bring the handles down to your side.

Tip: Try not to arch your back.