

THERABAND SEATED ROW & STRAIGHT ARM ROW



Starting Position

- Sit up straight with knees bent in front
- Theraband around both feet
- Hold onto the band with elbows bent and arms relaxed
- Engage your pelvic floor and abdominal muscles to hold this upright posture throughout the exercise



Movement

- Exhale. Engage the muscles between your shoulder blades and then move your elbows back behind you
- Inhale. Slowly release your arms back to the starting position, working the muscles between your shoulder blades on the return as well
- Repeat 10 times



Straight Arm Row – Starting Position

- Sitting upright like previous exercise
- Arms straight in front of you
- Roll your shoulders back so your chest is opened up



Movement

- Exhale. Engage the muscles between your shoulder blades and then move your arms back as far as you can without rolling your shoulders forward
- Inhale. Slowly release your arms back to the starting position, working the muscles as you return and keeping tension on the band
- Repeat 5 – 10 times

Notes:

- Focus on the muscles between your shoulder blades doing most of the work
- Be careful not too use your neck muscles, reduce the resistance of the band if you feel the exercise in your neck