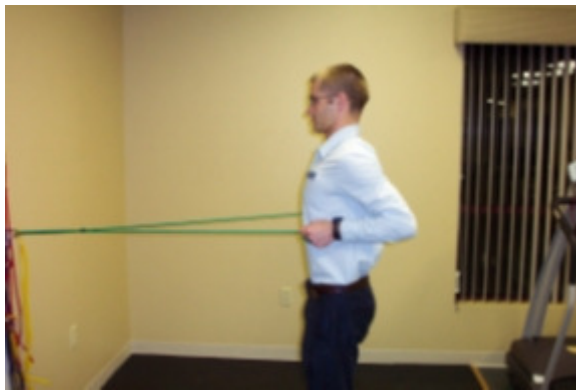


## Standing Mid Row



Begin with arms straight with hands at middle trunk height.



Pull hands back as if taking your hands toward your arm pits. Be sure to squeeze your shoulder blades together while you draw your arms back. Return to starting position and repeat 10-15 times.

## Standing Low Row



Begin with your arms straight with hands at lower trunk height.



Apply some tension to the band while still keeping arms straight and at lower trunk height. Next squeeze shoulder blades together without bringing hands back further. Return to starting position and repeat 10-15 times.