

1.



Standing Row

Lat/Bicep Pull-back

1. Secure the band low in the hinge side of the door. Stand with feet staggered, hips and knees bent and spine neutral. Simultaneously move both arms: pull one hand toward your hip turning palm up while you straighten other arm with palm down. Alternate arms. Repeat \_\_\_ times.

Standing March

2. Secure the band high in the hinge side of the door. Stand with feet staggered, hips and knees bent and spine neutral. Stabilize scapula as you bring one arm straight down by your side with palm facing down. Keep elbows locked. Alternate arms. Repeat \_\_\_ times.

3. Secure the band at shoulder height in the hinge side of the door. Stand with feet staggered, hips and knees bent and spine neutral. Pinch shoulder blades together. Then pull hands back toward chest. Slowly straighten elbows before releasing shoulder blades.

Perform as above with band secured high in the hinge side of the door (as pictured).

Repeat \_\_\_ times in each position.

3.



2.



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