

Rows

Safely secure your resistance band. Grasp handle with elbow bent at 90° angle and forearm parallel to the floor. Take the slack out of the band. Keeping your elbow close to your side, **slowly** pull straight back pinching your shoulder blades together. Don't forget to breathe!

Frequency: 3 sets, 12 repetitions each set, daily. Increase each set by 3 repetitions every 4 days, as tolerated. Once you are at 30 repetitions for 2 weeks, start over at 3 sets, 15 repetitions- of the next more difficult band, increasing as before.

