

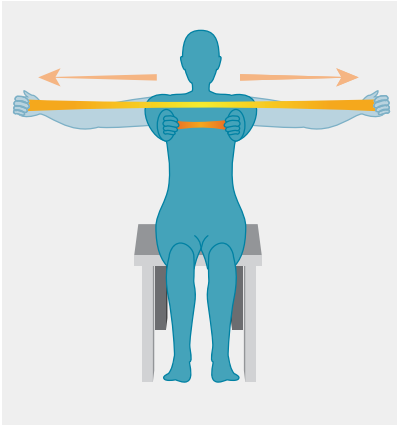


**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Reverse Fly

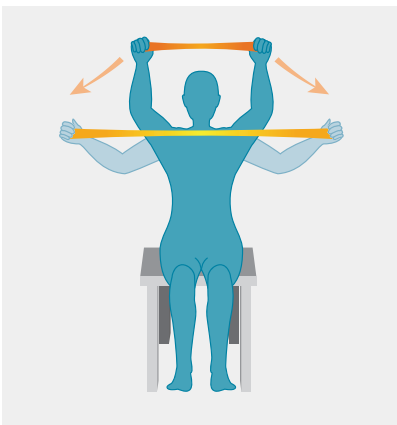
- Sit, holding the band at chest level in front of you.
- Keep elbows slightly bent, palms facing each other.
- Pull your hands apart in a circular motion, squeezing through your midback, in a smooth motion. Do not let your elbows drop.

**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Seated Lat Pull Down

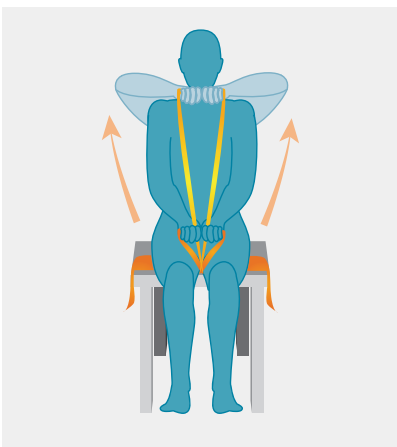
- Hold your band overhead, with elbows straight and palms facing forward.
- Sit with chest pulled upward. Mid back should be tight, and your shoulder blades should be down, flush against your back.
- Pull the tubing down toward your collar bone, squeezing through your midback.
- Keep your elbows in line. If your elbows come forward, loosen the band to ease the exercise.

**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Upright Row

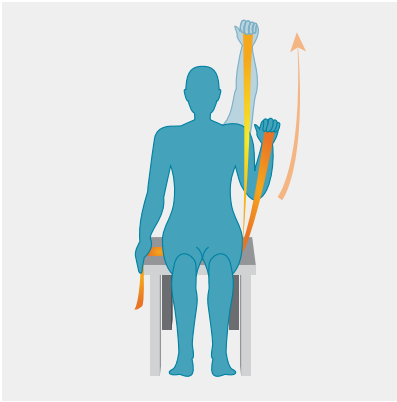
- Sit with one end of the band firmly under each thigh, and a loop up in the middle.
- Grab the loop with your palms facing down.
- Slowly pull the band along your body up to your chin.
- If the resistance is too high, free more of the band up from under your leg.

**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Shoulder Press

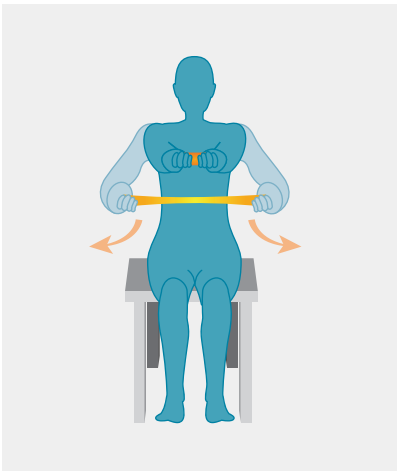
- Sit on one end of the band.
- Grasp the band, palm forward, and raise it to shoulder height.
- Push the band straight overhead, keeping the scapula pressed against your back.
- Keep your hand and elbow to the side of the body to avoid injury of your shoulder

**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Seated Row

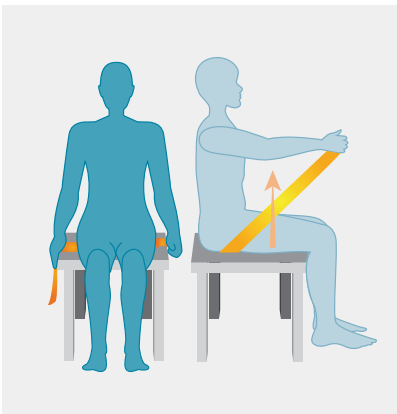
- It is similar to the low back fly exercise, but don't get confused.
- Sit, holding the band at chest level in front of you.
- Keep elbows slightly bent, underhand grip, with hands close together.
- Pull your hands apart bringing the band toward your stomach.
- Hug your body with your elbows as you bring your arms back.
- Again, the key is to squeeze through your mid back.

**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Front Raise

- Again, sit on one end of the band.
- Hold the tubing down at your side, with palm facing inward.
- Raise your arm straight up in forward flexion, to shoulder level.
- If you find yourself shrugging your shoulders, loosen the band a bit in your grip.