

Bent Over Resist-a-band Instructions

Equipment Needed: Resist-a-band

Refer to *All Bent Over Resist-a-band Exercises* for the related instructions.

How to Get into Start Position for Bent Over Exercises:

Step 1



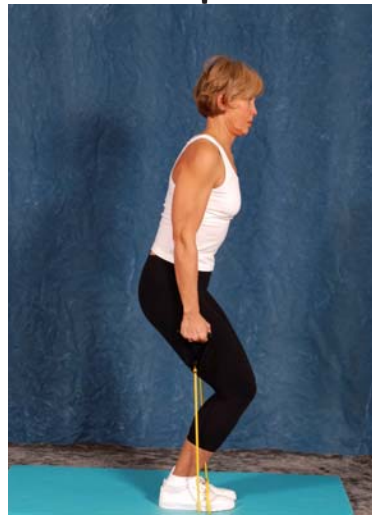
Select a resist-a-band of your desired resistance.

Step 2



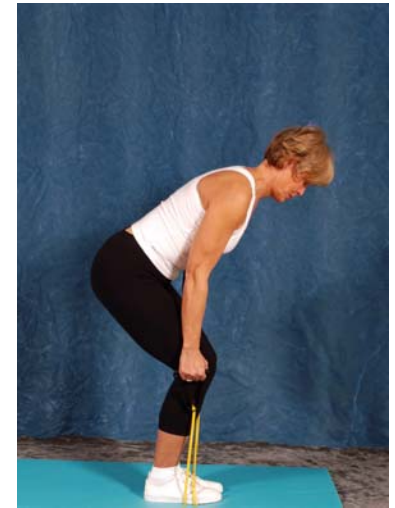
Grip the handles of each side of the band. Stand on the band, so your feet are shoulder width apart. Keep your head aligned with your spine. Make sure the band length is equal on both sides.

Step 3



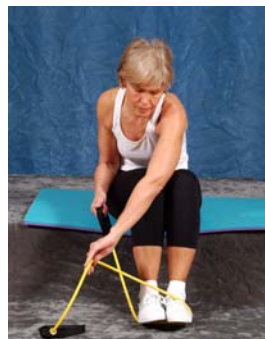
Simultaneously bend from your waist and your knees.

Step 4



Keeping your knees stationary, continue to bend from your waist until you are in the above position. Keep this position throughout the entire range of motion.*

**Note: Make sure you have slight, but sufficient resistance on the band. If you need more resistance, wrap the band around your feet.*



Bent Over Elastic Row

Equipment Needed: Resist-a-band

Start at this Position:

- Refer to Bent Over Resist-a-band Instructions (see previous page), if necessary.
- Select a resist-a-band of your desired resistance.
- Grip the handles of each side of the band.
- Stand on the band, so your feet are shoulder width apart (as shown) and the band length is equal on both sides.
- *Note: This exercise can also be done with only one foot on the band. Refer to Figure A.*
- Make sure that you feel slight but sufficient resistance on the band when your arms are extended. If you need more resistance, wrap the band around your feet. **Refer to Bent Over Resist-a-band Instructions (see previous page), if necessary.**
- Keep your back straight, head aligned with your spine, and knees bent.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly raise your arms by bending from your elbows, keeping your forearms perpendicular to the floor.

2. Middle Position



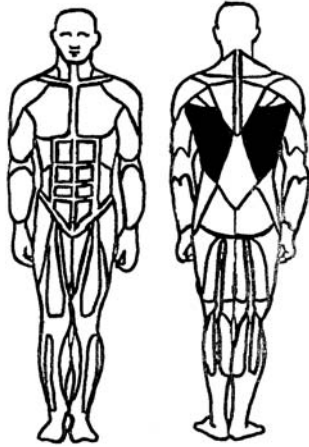
As you raise, concentrate on keeping your elbows close to your body.

3. End Position



Continue to raise until your hands are aligned with the upper part of your hips. Do not bend your wrists. Hold for 1/2 a second, squeezing your shoulder blades together. *Refer to Figure B.* **Never hyperextend your back.**

Bent Over Elastic Row



Region: Back

- Primary Muscle Worked: Lattissimus Dorsi

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight and your head aligned with your spine.
 - Keep your knees bent.
 - Keep your elbows perpendicular to the floor and your wrists straight.
- Use your arms to perform the exercise, not your body.
- Be sure that you have selected a resist-a-band with sufficient resistance.
- **At end position, never hyperextend your back.**

4. Return to Middle



Inhale as you slowly return to starting position.

5. Return to Start



Do not lock out your elbows. Repeat the movement for the recommended number of repetitions.

Figure A

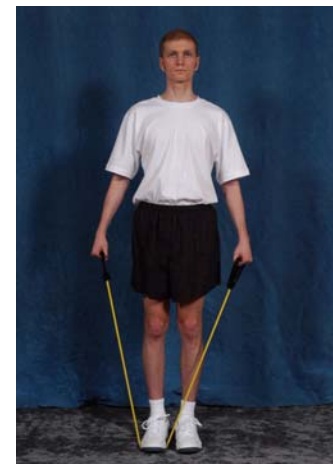


Figure B

