

Standing Elastic Row

Equipment Needed: Resist-a-band

Start at this Position:

- Select a resist-a-band of your desired resistance.
- Position the band evenly behind a fixed position (e.g. equipment frame, pole, etc). Holding one handle in each hand, align the band with the lower part of your chest. *Refer to Figure A.*
- Stand facing the equipment, with feet shoulder width apart.
- Bring one foot forward for balance, keeping a slight bend in both knees. Extend your arms, aligning them with your lower chest and positioning your palms to face each other. Do not lock out your elbows.
- Make sure that you feel slight but sufficient resistance on the band when your arms are extended. If you need more resistance, then step further away from the equipment.
- Keep your back straight, head aligned with your spine, and knees slightly bent.

Steps to Performing the Exercise:

1. Start Position



Exhale as you slowly bring your arms in toward your waist.

2. Middle Position



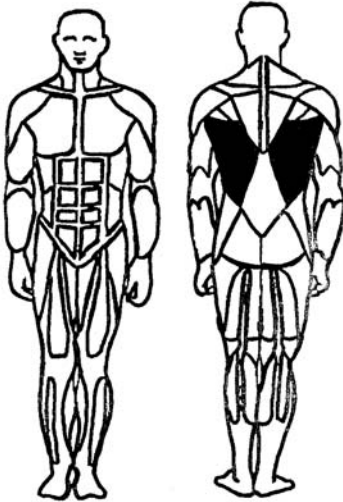
As you pull, concentrate on keeping your elbows close to your body.

3. End Position



Continue to pull 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.**

Standing 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 a slight bend in your knees.
 - Keep your forearms parallel to the floor and your elbows close to your body.
 - Do not bend your wrists.
- At start and end positions, do not lock out your elbows.
- 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.

Note: Be sure that the band height remains aligned with the lower part of your chest. If it moves, stop and reposition it before continuing.

Figure A



Figure B

