

## Seated Row (with Exercise Band)

**Muscles Strengthened:** Back of shoulders (posterior deltoids), side of torso (latissimus dorsi) and middle back (rhomboids)

**Technique:**

1. Sit on your mat with your knees slightly bent.
2. Grasp the ends of your exercise band and place the band on the bottoms of your sneakers. The band should be taut (but not stretched) when your arms are extended.
3. With your back straight, slowly pull the ends of the band towards your abdomen, until your hands touch the sides of your body. (Tip—pull from the elbows and gently squeeze your shoulder blades together.)
4. Slowly extend your arms to the starting position.

Repeat up to 8 to 12 times with your light-tension band.

Then repeat up to 8 to 12 times with your heavier band.

