

Standing 2 Arm Band Row

Exercise Purpose:

To strengthen your mid back muscles, including your Lower Trapezius and Rhomboids



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=758>

Key Points:

- Stand with your feet apart, knees bent, and back in a neutral position
- Grip the theraband or cable handles in each hand with a hammer grip then step back a metre so that there is tension on the band with your elbows straight out in front of you
- Squeeze your shoulder blades down and in towards the midline and begin to pull the band towards you
- After the initial squeeze of your shoulder blades you will need to begin to bend your elbows and pull the band in towards you using your mid back muscles and your biceps
- Pull in until your elbows end up down by the sides of your ribs or just behind you
- Then slowly release this position back to the start by straightening your elbows and letting your shoulder blades spread apart fully until the next repetition
- Do not hold your shoulder blades fixed throughout
- Breathe out as you pull in and breathe in when you release your arms again
- Keep the movement slow and controlled throughout

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