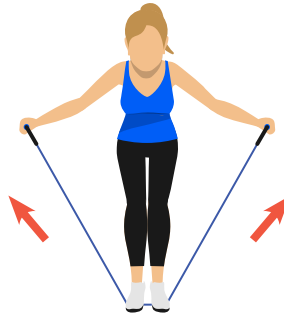


## Bent Over Fly



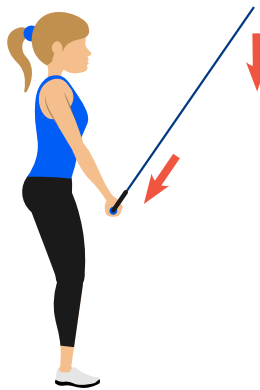
**ANCHOR:** Tubing under feet

**START:** Bend at the hip, flat back, arms straight down.

**MOVEMENT:** Using your mid back with arms slightly bent; raise your hands out to the side while keeping your back flat.

**TIP:** Keep head in line with spine.

## Straight Arm Pull Down



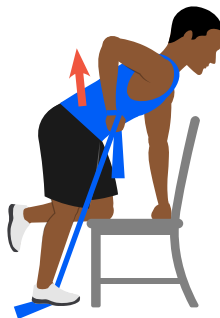
**ANCHOR:** Tubing to top of door

**START:** Stand with feet hip-width apart, arm extended up and in line with the tubing.

**MOVEMENT:** Using the back, lower the arm to your side, keeping a slight bend in the elbow.

**TIP:** Keep slight bend in the knees.

## Bent Over Row



**ANCHOR:** Band under foot

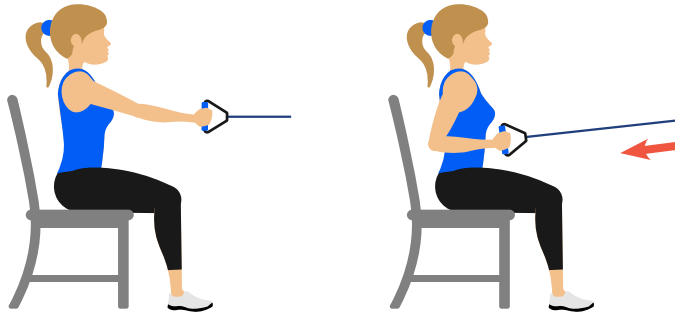
**START:** With knee and hand on chair or bench, one foot on the floor, flat back and arm straight down.

**MOVEMENT:** Using your back, bend the elbow towards the ceiling.

**TIP:** Try to keep a 90 degree angle at the elbow.

## Seated Row

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**ANCHOR:** Chest height while seated

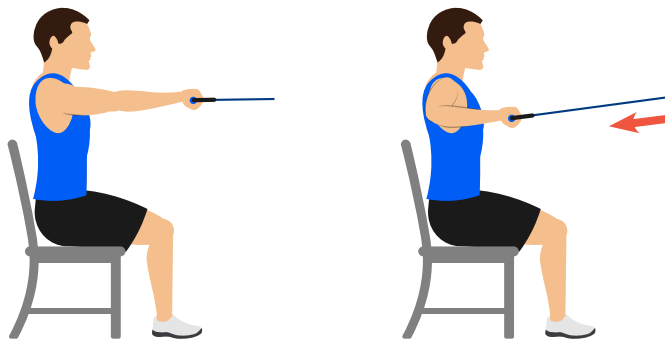
**START:** Sit with back tall, arms straight out and holding on to the handles, palms facing each other.

**MOVEMENT:** Using your back pull the tubing, bending at the elbows, keeping a 90 degree angle.

**TIP:** Sit tall

## Upper Back Row

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**ANCHOR:** Chest height while seated

**START:** Sit with back tall, arms straight out and holding onto the handles, palms facing down.

**MOVEMENT:** Keeping elbows up and using your back, bend the elbows back to a 90 degree angle.

**TIP:** Keep your hands in line with your elbow.