

March Exercise of the Month

Exercise Band Multi-Row

Purpose: To strengthen the muscles of the upper and middle back using a combined row movement

Targeted Muscles: Latissimus Dorsi, Rhomboids, and Trapezius

Assisting Muscles: Biceps, Rear Deltoid, Rotator Cuff, Serratus Anterior, and Postural muscles

Equipment Needed: Exercise Band

Start Position:

- ❖ Begin seated on the floor with legs and feet extended out in front of you
- ❖ Loop the exercise band underneath both feet, crossing one side over the other and grabbing each end of the band in your hands
- ❖ Create starting tension by gripping up on the band placing more slack at either end
- ❖ Inhale and pull shoulders back, left chest and engage the core to create good posture

Phase 1 (Lat Row):

- ❖ Hold the arms extended over the legs, with the hands in fists holding an end of the band in each
- ❖ Exhale and begin pulling the elbows back toward the body to row the arms in to your mid-section
- ❖ As the arms bend, squeeze the muscles across the outer and middle of your back
- ❖ Inhale and slowly return the arms back to extended position, maintaining posture

Phase 2 (Upper Row):

- ❖ Gently rotate the wrist so now the knuckles of the hand face out and up
- ❖ Exhale and begin pulling the elbows up and out to row the arms in toward your chest
- ❖ As the arms bend, squeeze the muscles across the upper and middle of your back
- ❖ Inhale and slowly return the arms back to extended position, resetting the wrist to repeat phase 1
- ❖ Continue alternating to complete 8-12 reps; completing both rows counts as one rep. Rest 30-60 seconds and repeat two or three times

Important Tips:

- ❖ Remember to always keep tension in the band; grip up to remove any slack between the feet and hands
- ❖ Good posture is key to this exercise, even as the band relaxes keep the core engaged to sit tall
- ❖ If you have tight hamstrings, a slight bend in the knee is permissible but try to keep the legs straight and still

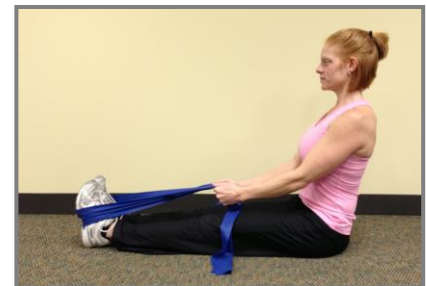
Start:



Phase 1 (Lat Row):



Return to Start:



Phase 2 (Upper Row):

