



INSTRUCTIONS

BANDED BACK ROW

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/banded-back-row>

Abs

Back

Upper Body



STEPS:

- Starting in a high plank with your hands below your shoulders and feet together, grasp a resistance band with one hand while your other hand pressed the resistance band into the ground.
- Slowly pull the hand holding the band to your rib cage leading with the elbow.
- Return back to plank and repeat 8-12 times on each side.

[-] Remove the band