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# INSTRUCTIONS

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## SINGLE ARM BANDED ROW

**CATEGORIES:** Power, Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/single-arm-banded-row/>

Back

Turns

Upper Body



### STEPS:

- Start standing with a resistance band around the palms of your hands.
- Lift your arms shoulder height straight out in front of you.
- Draw your right elbow back, keeping it tight to your side body, leaving your left arm in front of you.
- Return your right arm to meet your left and repeat.

Repeat 20 times before switching sides.

[ - ] Remove the band