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# INSTRUCTIONS

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## BANDED PULL APART

**CATEGORIES:** Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/banded-pull-apart/>

Arms

Back

Shoulders

Turns



### STEPS:

- Start with a band wrapped around your wrists.
- Lift your arms out to chin height with a slight bend in the elbows. Turn your palms to face the ceiling.
- Squeezing the shoulder blades, slowly pull your wrists away from each other about 2-3 inches. Keep your palms facing up.
- Pause for a beat.
- While keeping tension on the band, slowly bring your wrists in 2-3 inches.

Repeat 20 - 25 times, then rest.

[ ] Remove the band.