

# STANDING BAND ROWS



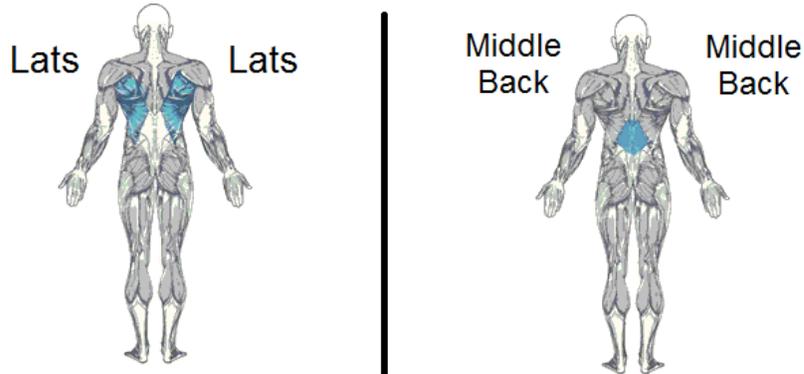
1. Wrap the exact middle of a resistance band around a doorknob or a stable/firm pillar then stand about an arm's length away from the axis holding the band where you can fully extend your arms while keeping them under tension.
2. Place your right foot firm at your front with your knee slightly bent, and your left leg stretched a couple of feet behind to give you some balance. Take that stance while holding both arm grips of the band with one in each hand, with your arms fully extended and your palms facing each other. Make sure to always maintain a straight & upright torso while performing this exercise. This will be your starting position.
3. Now use your lats & back muscles to pull the arm grips of the band all the way towards your mid-section (abdomen). Remember to keep your elbows in, and your torso stationary (not moving) throughout the entire movement.
4. Slowly return the arm grips all the way back to their starting position, while keeping your lats & back muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

**CAUTION:** Band Resistance strength can be easily manipulated by either moving away from the axis to increase the band's resistance and make it tougher, or by moving closer to the axis to decrease the band's tension and make it easier to pull. This is also a balance and coordination exercise so it's normal for you to also feel your core and legs muscles also getting engaged to keep you balanced and centered. It is normal for you to feel your rear deltoids and trapezius muscles also getting engaged while performing this exercise.

**ALTERNATIVE EXERCISES:** [Standing Cable Rows \(V Grip\)](#) / [Seated Cable Rows \(V Grip\)](#) / [Stepper Bent Over DB Rows](#)

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## PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80 - %90** when performing this exercise.

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## SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20 - %10** when performing this exercise.

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