

exercise 15



Seated row

Instructions

1. Sit down in a stable chair
2. Place your feet on the middle of the band
3. Hold the two ends of the band
4. Pull the band towards your body while keeping a straight back
5. Count to 3, then slowly release



whole body

• **Areas of the body:**

• Back, biceps, core

• **Equipment:**

• Band, chair

• **Difficulty:** ★☆☆☆☆

exercise 16



Wall press

whole body

Instructions

1. Place your palms on a wall at shoulder width
2. Bend your elbow slowly until your nose almost touches the wall
3. Push your body away from the wall but do not fully extend your elbow

• **Areas of the body:**

• Back, biceps, core

• **Equipment:**

• **Difficulty:** ★★☆☆☆

exercise 17



Standing row

Instructions

1. Place middle of the band under one of your feet and hold each end of the band with your palms facing down
2. Pull the ends of the band towards your chin
3. Hold and count to 3, then slowly return to the starting position



whole body

• **Areas of the body:**

• Back, biceps,
• triceps

• **Equipment:**

• Band

• **Difficulty: ★★★★★**