



# Workout Routine Sample

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## Band Workout Routines for Back

Printed on Sep 21 2010

### Workout Routine Snapshot

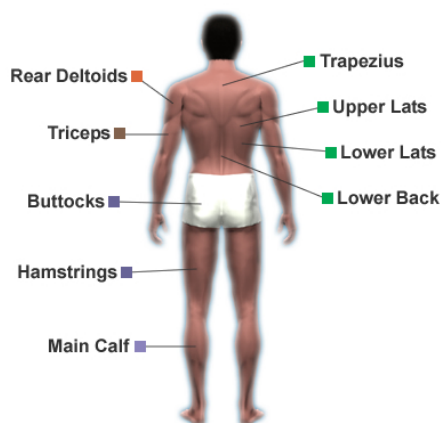
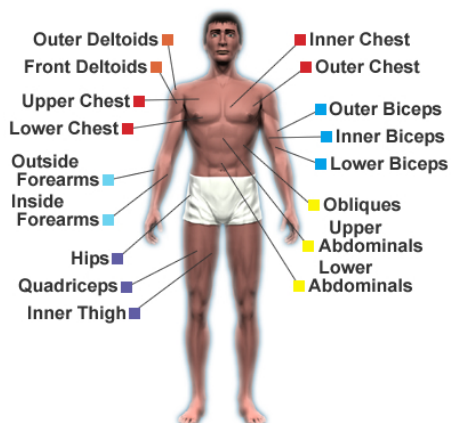
1 Workout Days

0 Cardio Exercises


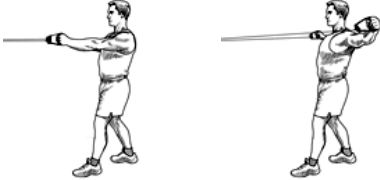
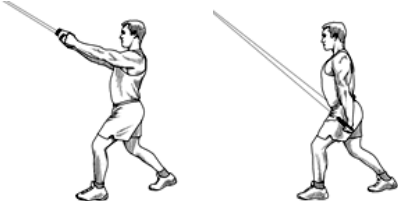

4 Strength Training →

0 Stretching Exercises

4 ■ Back





	<p>■ <b>Back   Row (Band) - Seated</b></p> <p><b>Secondary Muscles</b> Biceps, Lats, Rear Deltoids</p> <p><b>Starting Position</b> Secure the tubing low, sit down with your legs extended and grab both handles on top of your knees, arms extended and palms facing each other.</p> <p><b>Motion</b> Pull the handles back towards your abdomen and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight and still throughout.</p>
	<p>■ <b>Back   Back Fly (Band) - Standing</b></p> <p><b>Secondary Muscles</b> Upper Back, Rear Deltoids, Trapezius</p> <p><b>Starting Position</b> Secure the tubing at medium height, stand up and grab both handles with your hands, arms extended in front of your chest, palms facing each other.</p> <p><b>Motion</b> Pull the handles back by moving your arms to each sides of your body and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Keep your back and arms straight throughout.</p>
	<p>■ <b>Back   Pulldown (Band) - Arms Extended</b></p> <p><b>Secondary Muscles</b> Biceps, Lower Lats, Rear Deltoids</p> <p><b>Starting Position</b> Secure the tubing high, stand up and grab both handles with your hands in front of your head, arms extended and palms facing each other.</p> <p><b>Motion</b> Pull the handles down towards each sides of your body and allow them to slowly return after a short pause.</p> <p><b>Tips/Caution</b> Breathe out while pulling and breathe in while returning to starting position.</p>
	<p>■ <b>Back   Arm-Leg Extension (Band)</b></p> <p><b>Secondary Muscles</b> Hamstrings, Buttocks, Lower Back, Upper Back</p> <p><b>Starting Position</b> Secure the tubing to your feet, kneel on your other side's knee and grab the handle with that same side's hand.</p> <p><b>Motion</b> Stretch the tubing by extending your leg and arm until it is parallel to the floor and slowly return back to the starting position after a short pause.</p> <p><b>Tips/Caution</b> Keep your back straight throughout.</p>