

SEATED ROW



1. Sit in stable chair, legs shoulder width apart.
2. Hold ends of resistance band in each hand, band looped under arches of feet with toes raised. Elbows straight, palms facing knees.
3. Pull arms back toward chest, keeping elbows close to body & squeezing shoulder blades.
4. Hold. Straighten arms to beginning position.
5. Repeat. Work up to 3 sets of 5. Take a break between sets.

GOOD FOR

Getting up from a chair
Arm strength for using
walkers or canes
Getting in & out of cars
Wheelchair transfer

REPEAT

2-3 times daily

TIPS

- Keep back straight – don't lean back or turn body
- Keep shoulders down – don't shrug
- Control movement
- Keep stomach tight and remember to breathe!

READY FOR MORE?

Increase to 3 sets of 10