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## Seated Row with Resistance Bands

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- Sit on the floor with a resistance band of the proper length and resistance for you looped around your feet
- Keep your knees straight or slightly bent depending on which feels best for you
- Sitting as tall as you can, squeeze your shoulder blades together without bending your elbows
- Keeping your hands close to your body, palms facing in or up, bend your elbows and pull your elbows behind you
- Pull as far as you can, holding the contraction for about 2 seconds, and slowly return to the start position
  
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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### Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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