

## Theraband Pull-Backs

- **Purpose:** Flatten upper back, strengthen back, stomach and shoulder blade muscles
- Tie **elastic exercise band around a doorknob**, SIT IN A CHAIR, and hold the ends of the band in each hand
- **Starting position:** Sit **leaning with CHEST FORWARD**, STOMACH TIGHT, and shoulder blades pinched together in back.
- **Action:**
  - Squeeze shoulder blades together & EXHALE as you count "1-2-3-4" while you
    - Straighten elbows
    - Pull arms back and HOLD for a moment
  - Stay straight and leaning forward as you count "5-6-7-8" while your arms return to starting position



Practice \_\_\_\_\_ times, \_\_\_\_\_ sets, \_\_\_\_\_ times per week