

Your Exercise Routine: Standing Row

The next exercise we're going to complete is called a Standing Row. This is to exercise and strengthen one of the most important muscle groups in our body, which is our back muscles - all the muscles that run down from the back of the shoulders down through your lower back region.

The tool we're going to use today is an exercise band that looks like this. It has handles on the ends. It's made of some sort of rubber material. You can purchase one of these tools for a small investment at either a department store or a sporting goods store.

The way we do this exercise: You want to have either a partner or some sort of post or pole inside the home to wrap the band around. I'm going to act as the post today, so that you can do your exercise. I'm going to hand you the bands. You're going to grab one handle in each hand. I'm going to stand back so we have some tension in the band.

Now the band should be about the same height as your elbows, so I'm going to hold the band up here. I'm going to put one foot in front and one foot behind to stabilize myself so I don't move forward or backwards. And all you're going to do is pull the handles backwards, squeezing your shoulder blades back together and then bringing your arms forward.

Like with our other exercises we're going to complete 10 repetitions and then take a break. Ready?

You're going to pull both hands back together ... squeeze ... then bring the arms forward. There you go ... yes.

Now, notice you want to focus on maintaining straight alignment with the body. You do not want to be leaning backwards with this or leaning forwards. Your body should be straight up and down. The only thing moving are your arms.

Two more ... last one. Awesome. Very good.