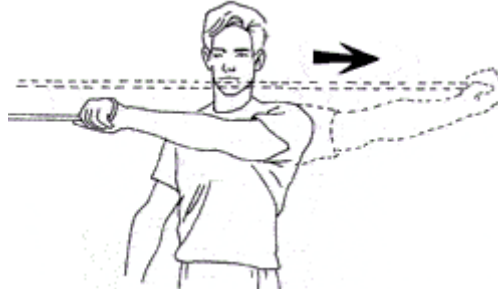
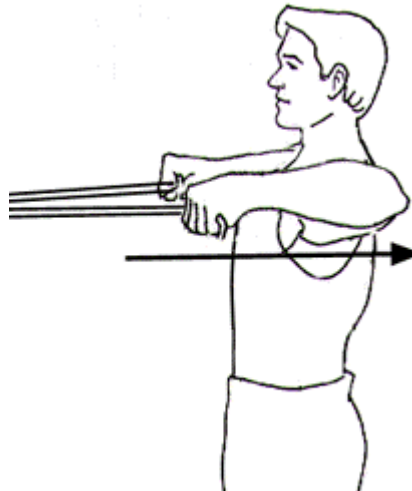


Middle Back Strengthening with Resistive Bands



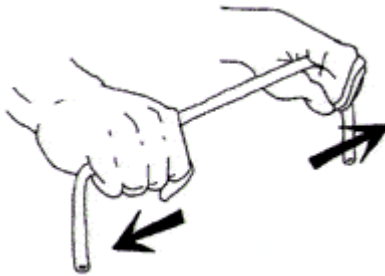
START WITH THE ARM ACROSS THE CHEST AND THE ELBOW STRAIGHT. MOVE THE ARM OUTWARD ACROSS THE BODY AS FAR AS YOU CAN.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	Orange Band
Sessions:	2 /day		



SECURE THE BAND AND GRAB THE ENDS. PULL THE ARMS BACK IN A SAWING MOTION AS ILLUSTRATED.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	Orange Band
Sessions:	2 /day		



BEND BOTH ELBOWS 90 DEGREES. HOLDING THE BAND WITH BOTH HANDS AND **KEEPING THE ELBOWS AT YOUR SIDE** THROUGHOUT THE MOVEMENT SEPARATE YOUR HANDS APART.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	Orange Band
Sessions:	2 /day		